The pride of North Carolina's electric cooperatives

Volume 48, No. 2, February 2016

# Carolina country



#BXNOZFW **********AUTO**3-DIGIT 275
1 32
#4022293540000003#
READING RM NC COLLECTION
WILSON LIBRARY CB # 3930
CHAPEL HILL NC 27599-0001

Your Touchstone Energy® Cooperative

PERIODICAL

## Nothing Finer

INSIDE:

**Your best photos**

**A secure electric grid**

**Winter garden delights**

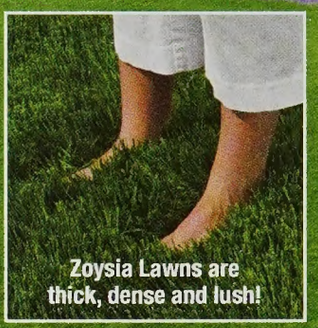
Residential lighting goes high tech—page 10

# SAVE When You Grow A Zoysia Lawn From Plugs!

From Plugs

To A Fabulous Lawn

ZOYSIA FARM NURSERIES
Improving America's Lawns Since 1953




## GRASS SEED WILL *NEVER* GROW A LAWN LIKE THIS!

### *Save Water! Save Time! Save Work! Save Money!*

### Grass Seed Is For The Birds!




Stop wasting money, time and work sowing new grass seed each spring, only to see birds eat the seed – or rain wash it away – before it can root. Plant a genuine Amazoy™ Zoysia lawn from our living Plugs only once... and never plant a new lawn again!

### Zoysia Grows Where Other Grass Doesn't!

Zoysia is the perfect choice for hard-to-cover spots, areas that are play-worn or have partial shade, and for stopping erosion on slopes. North, South, East, West – Zoysia grows in *any* soil, no ifs, ands or buts!

**Each Zoysia Plug You Plant In Your Soil Is GUARANTEED TO GROW Within 45 Days Or We'll Replace It FREE!**

To ensure best results, we ship you living genuine Amazoy Zoysia Grass, harvested direct from our farms. Super Plugs come precut, ready to plant. Freestyle Plugs are *not* cut. Before planting, cut sheets into minimum 1" square plugs or any size you want with shears or knife. Then follow the included easy instructions to plant plugs into small plug holes, up to a foot apart. Our guarantee and planting methods are your assurance of lawn success backed by more than 6 decades of specialized lawn experience!

©2016 Zoysia Farm Nurseries, 3617 Old Toneytown Rd, Toneytown, MD 21787

### Eliminates Endless Weeds And Weeding!

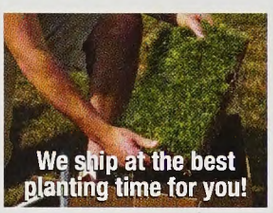
No more pulling out weeds by hand or weeds sprouting up all over your lawn. Zoysia Plugs spread into a dense, plush, deep-rooted, established lawn that drives out unwanted growth and stops crabgrass and summer weeds from germinating.

### Environmentally Friendly, No Chemicals Needed!

No weeding means no chemicals. You'll never have to spray poisonous pesticides and weed killers again! Zoysia lawns are safer for the environment, as well as for family and pets!

### Cuts Watering & Mowing By As Much As 2/3!

Many established Zoysia lawns only need to be mowed once or twice a season. Watering is rarely, if ever, needed – even in summer!




Meyer Zoysia Grass was perfected by the U.S. Gov't, released in cooperation with the U.S. Golf Association as a superior grass.

### Stays Green In Summer Through Heat & Drought!

When ordinary lawns brown up in summer heat and drought, your Zoysia lawn stays green and beautiful. The hotter it gets, the better it grows. *Zoysia thrives in blistering heat (120°)*, yet it won't winter-kill to 30° below zero. It only goes off its green color after killing frosts, but color returns with consistent spring warmth. Zoysia is the perfect choice for water restrictions and drought areas!

### Plant *Your Way* With Our New Freestyle Plugs!

Freestyle Plugs come in sheets that contain a maximum of **150**-1" square plugs. Freestyle Plugs allow you to make each plug bigger if you want – you decide. Bigger plugs mean less cutting, less time planting.

### New Amazoy Super Plugs Now Available Online!

**New** Super Plugs are precut into individual 3" x 3" plugs, ready to plant. They are now available and arrive in easy-to-handle trays of 15 Super Plugs. Save time and get your new lawn even faster! Order only online at www.zoysiafarms.com/mag or call **410-756-2311.**

**www.ZoysiaFarms.com/mag**

## *Order Your ZOYSIA Plugs Now — Harvested Daily From Our Farms And Shipped To You Direct!*

## GET UP TO 900 FREESTYLE PLUGS – FREE!

**FREESTYLE PLUGS.** You decide how big to cut the plugs!
Please send me guaranteed Amazoy Freestyle Plugs (up to 150 per sheet) as marked.

| Quantity | Mox Plugs* | Free Plugs | Grass Sheets* | Your PRICE | + Shipping | SAVINGS |
|---|---|---|---|---|---|---|
| | 150 | – | 1 | $14.95 | $7.00 | – |
| | 500 | 100 | 4 | $45.60 | $12.00 | 34% |
| | 750 | 150 | 6 | $63.50 | $16.00 | 40% |
| | 1100 | 400 | 10 | $87.50 | $22.00 | 50% |
| | 1500 | 900 | 16 | $125.00 | $25.00 | 57% |

❑ 30" Step-on Plugger **$6.95 + $3 shipping** ❑ 4" Amazoy Power Auger for 3/8" drill **$14.95 + $5 shipping**

❑ 30" Stond-up Amozoy Power Auger for 3/8" drill **$19.95 + $5 shipping**

* Each grass sheet can produce up to **150**-1" square plugs. See other options online at www.zaysioforms.com/mag

Amozoy is the trademark registered U.S. Potent Office for our Meyer Zoysio grass.

Mail to: ZOYSIA FARM NURSERIES
3617 Old Taneytown Road, Taneytown, MD 21787

Dept. 5633

Write price of order here $_____

Md. residents add 6% tax $_____

Shipping $_____

ENCLOSED TOTAL $_____

Payment method (check one)
❑ Check ❑ MO
❑ MasterCard
❑ Visa

Card #_____ Exp. Date_____

Name_____

Address_____

City_____ State_____

Zip_____ Phone_____

We ship all orders the same day plugs are packed at earliest correct planting time in your area.

**Order Now! www.ZoysiaFarms.com/mag**

Not shipped outside the USA or into WA or OR

Carolina country

February 2016
Volume 48, No. 2




## FEATURES

6 *Aunt Mary*
A certain lady with her own challenges had a big influence on her niece.

12 *Taxes, Subsidies and Electric Utilities*
A primer on the relationship between electric utilities and the government.

14 *Carolina Country Scenes*
A gallery of your best photos.

26 *Grandmother's Apron*
And other things you remember.




## FAVORITES

4 **Viewpoint**
Working to keep the electric grid out of harm's way.

8 **More Power to You**
Get ready for the March election.

28 **Tar Heel Lessons**
Time to put up bluebird boxes.

30 **Energy Cents**
Ways to keep your pets comfortable.

32 **Joyner's Corner**
How to change Mount Olive.

33 **Marketplace**
A showcase of goods and services.

34 **Carolina Compass**
February events.

36 **Where Is This?**
Somewhere in Carolina Country.

38 **Carolina Gardens**
Hello to hellebores.

40 **On the House**
Setting the winter thermostat.

41 **Classified Ads**

42 **Carolina Kitchen**
Delicious Banana Pudding, Cavatini Pasta, Striped Popcorn, Easy Peanut Butter Truffles.

### ON THE COVER

"With pure delight, our Isabella runs toward her three older siblings at Kure Beach last summer." Photographed by Marie Witmore of Pembroke, a member of Lumbee River EMC. See a gallery of your best photos on pages 14–19.






Carolina country
(ISSN 0008-6746) (USPS 832800)
Read monthly in more than 695,000 homes
Published monthly by North Carolina Association of Electric Cooperatives, Inc.
Your Touchstone Energy® Cooperative
3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

**Editor**
Michael E.C. Gery
**Senior Associate Editor**
Renee C. Gannon, CCC, 919-875-3209
**Contributing Editor**
Karen Olson House, 919-875-3036

**Creative Director**
Tara Verna, 919-875-3134
**Senior Graphic Designer**
Warren Kessler, 919-875-3090
**Graphic Designer**
Erin Binkley, 919-875-3089
**Graphic Designer**
Linda Van de Zande, 919-875-3110

**Publication Business Specialist**
Jenny Lloyd, 919-875-3091
**Advertising**
Jennifer Boedart Hoey, 919-875-3077

**Executive Vice President & CEO**
Joseph P. Brannan
**Senior Vice President, Corporate Relations**
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

**Why Do We Send You Carolina Country Magazine?**
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.
Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

BPA Member of BPA Worldwide

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. 919-875-3062.

Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on digital cartridge as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. 888-388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

**POSTMASTER:** Send all UAA to CFS. (See DMM 707.4.12.5); **NON-POSTAL AND MILITARY FACILITIES:** send address corrections to Carolina Country, P.O. Box 27306, Raleigh, NC 27611.

**Subscriptions:** Individual subscriptions, $12 per year. $20 outside U.S.A. Schools, libraries, $6.

**HAS YOUR ADDRESS CHANGED?**
Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.

PRINTED WITH SOY INK Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

# Information-sharing is critical to the security of the electric grid



*By Ajaz Sadiq*

Protecting the nation's electric power grid and ensuring an affordable, reliable and secure supply of energy are top priorities for electric cooperatives and the electric power industry as a whole. The North American power system is becoming more complex as additional automation and remote access capabilities are added to grid operations. Accordingly, system owners and operators have the greatest expertise in responding to and mitigating threats and vulnerabilities to the grid. Every day, the electric power industry continuously monitors the bulk electric system and responds to events large and small. Consumers are rarely aware of these events, primarily because of the industry's planning, coordination, response and resiliency activities.

> The electric utility industry is one of the nation's only industries to have mandatory, enforceable cyber security standards

## Electric cooperative perspective

The industry has decades of experience working together to protect our shared infrastructure. We constantly reevaluate threats and take steps to protect the systems. As member-owned, not-for-profit utilities, electric cooperatives make protection and security of our consumer-members' assets a high priority. Cooperatives nationally work with industry partners and government agencies to develop effective approaches to protecting our systems, which cover nearly three-quarters of the country's landmass.

Electric cooperatives have participated in the North American Electric Reliability Corporation (NERC) standards development process. Today, that process has made the electric utility industry one of the nation's only industries to have mandatory enforceable cyber security standards. Failing to comply with these standards can result in fines of up to $1 million per day per violation.

## Legislative priorities and positions

In nearly all situations, electric cooperatives can protect the parts of the bulk electric system we own or operate without government intelligence information. However, in the limited circumstances when government intelligence information (classified and unclassified) is needed on a particular threat or vulnerability, that information must be timely and actionable. After receiving this information, co-ops can then direct our expert operators and cyber security staff to make the needed adjustments to systems and networks to ensure the reliability and security of the bulk electric system.

We support efforts underway in Congress aimed at increasing the amount of actionable intelligence electric cooperatives can access, thereby helping us do an even better job of protecting the grid. Voluntary cyber security information-sharing between governments is critical in addressing threats against our national infrastructure—the majority of which is owned by the private sector. Electric cooperatives support legislation that encourages voluntary cyber security information-sharing between government and industry, while preserving existing partnerships and ensuring liability and protective measures that maintain the security of private data.

*Ajaz Sadiq is chief technology officer and vice president of EMC Technologies with the North Carolina Electric Membership Corporation. Based in Raleigh, NCEMC is the power supply cooperative owned by 25 of the state's electric cooperatives.*

## The winters of 1968 and 1969

We heard from some Pee Dee EMC members who said that the dates in January 1968 that J.A. Bolton referred to for his ice storm story are a year off. ["The Light Were Out in Ellerbe and Derby," January 2016]. They said the ice storm was in February 1969.

In fact, there were bad ice storms in the region in both 1968 and 1969, and Mr. Bolton was with Pee Dee Electric during the 1968 one.

The State Climate Office of North Carolina describes the 1968 storm, in part, as follows:

"Jan. 9–13 1968. A period of freezing rain, sleet and snow during which outdoor surfaces in almost all areas of North Carolina became heavily coated with ice. In a large area east and south of Raleigh, poles and lines were broken to the extent that several entire counties were without electricity or telephone for periods of one to five days. One of several telephone companies affected reported losses in mid-category five; one power company reported costs in category six with 2,000 linemen working on repairs for several days and nights … There was much loss of time from school and business closings. A few roofs fell from the weight of ice."

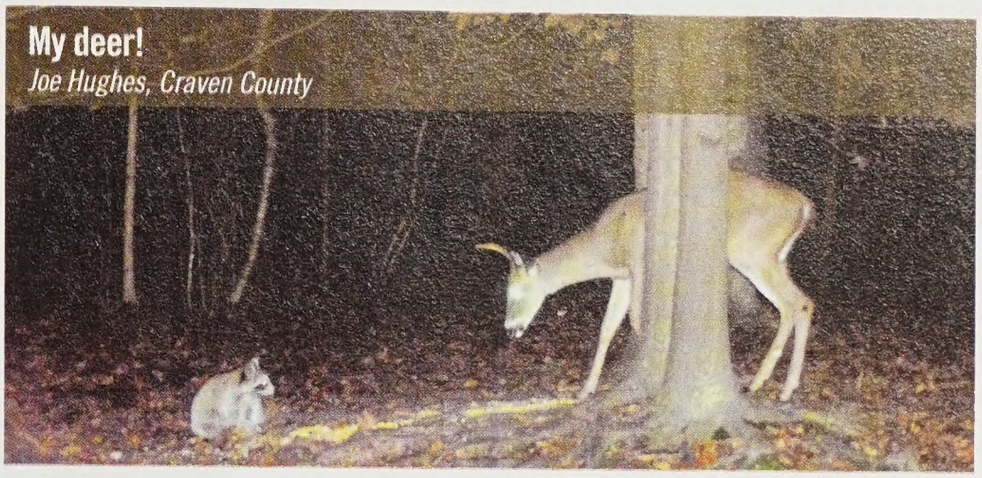
## A new path to electricity

We cannot continue to put CO2 into the air. A new path to create electricity is required, and the North Carolina electric cooperatives are in a position to influence this equation. The cost on a utility bill of power generated by carbon fuel does not reflect the true cost.

Along with the community and neighborly values upheld by the cooperatives, the co-op leadership should seek a new path and tell their members why they are doing so. They should educate members to the need and ask for support. They should negotiate with suppliers and seek political support from elected representatives.

Electric cooperatives can stay true to their founding principles by taking a responsible position on climate change and communicate that position.

*Ken Jobe, Beaufort*
*Carteret-Craven Electric Cooperative*



**My deer!**
*Joe Hughes, Craven County*



**Squirrel hunting**
This is my dog Layla on the banks of the flooded Little River in Bahama. She is looking for a squirrel. You can see the beaver chew mark at the bottom of the tree. Storms like these lately can bring down trees and take our power. Our Piedmont EMC electric workers are always prompt in getting our service back, and I really appreciate the hard work they do.
*Karen O'Neal, Bahama, Piedmont EMC*



## How to make them golden

The Golden Chicken Potpies recipe in January's magazine [Carolina Kitchen] was missing baking time instructions. The baking time is 35–40 minutes in a 400-degree oven or until golden brown. Complete instructions can be found on carolinacountry.com.

Janice Held wrote about the ommision to recipes editor Jenny Lloyd, who supplied the missing information. Ms. Held then made the pies for her household and for a neighbor and said her husband had three servings.

There's also a freeze option for the pies: Cover and freeze unbaked pies up to three months. To use, remove from freezer 30 minutes before baking (do not thaw). Preheat oven to 425 degrees. Place pie on a baking sheet; cover edges loosely with foil. Bake 30 minutes. Reduce heat to 350 degrees, remove foil and bake 50–55 minutes longer or until golden brown, or until heated through and a thermometer inserted in center reads 165 degrees.

## Contact us


**Phone:** 919-875-3090
**Fax:** 919-878-3970
**Mail:** 3400 Sumner Blvd., Raleigh, NC 27616
**Website:** carolinacountry.com
**Email:** editor@carolinacountry.com
Find us on facebook at carolinacountry.com/facebook

# Aunt Mary

*By Deana Culberson Johnson*

There are some people who continue to inspire us long after their time on earth has passed. My aunt, Mary Ella Hall, made the best of life's difficulties. She left a unique impression on everyone who knew her, sharing her love of art, books and music.

Aunt Mary battled health problems throughout her life and never married nor had children of her own. She was diagnosed with severe asthma as a child, and in the 1930s there were few treatments available. Doctors told my grandparents that there was little hope. Thankfully, they were wrong, and one of those kind doctors who made house calls when she suffered asthma attacks helped to fund her education at Campbell College where she studied literature. This doctor's generous gift was evidence of her endearing personality.

Aunt Mary was an artist in every sense of the word, finding beauty in everyday things. She drew, painted, and prepared elegant verses in calligraphy. Words were her true medium. She told and wrote stories throughout her life, and she published several volumes of her poetry.

While growing up in Lumberton, I would visit Aunt Mary in summers in Raleigh. I would accompany her to the D.H. Hill Library at North Carolina State University where she worked. It seemed only fitting that she should be surrounded by books. On special occasions, she would pull out her "mad money" which she kept hidden in a Tupperware container in the refrigerator. I understand now what a tight budget she had, but she always splurged on me.

Her greatest gift to me, though, was the gift of words. She gave me books and magazine subscriptions for birthdays, and she fostered a love for reading that has enriched my life. She took me to my first book-signing where I was able to meet the author. I would share poems or stories I wrote, and she would study my childish notions as if they were the words of Shakespeare. As I got older, I continued to write, and Aunt Mary offered suggestions and encouragement. Her influence is one of the primary reasons that I write today.

Now, I have her books, old volumes that have an endearing history inscribed with her handwritten notes, her journals, letters she wrote to me and her beautiful poems. Her words still inspire me to write, and I think that she would be proud to know that I teach English today at UNC-Pembroke in the College Opportunity Program.

*Deana Johnson lives in Laurinburg and is a member of Lumbee River EMC.*



*Aunt Mary is on the left, then my mother Phyllis Culberson, me, and my sister Amber Culberson. This was in 1985 before I went to Wingate College.*



*Aunt Mary and me about 1973.*

## Send Your Story

If you have a story for "Where Life Takes Us," about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

- We will pay $100 for those we can publish.
- Send about 400 words.
- Pictures must be high resolution or good quality prints.
- Include a stamped, self-addressed envelope if you want anything returned.
- We retain reprint rights.
- Tell us your name, mailing address, and the name of your electric cooperative.
- To submit: email to editor@carolinacountry.com ("Inspiration" in the subject line) or online at carolinacountry.com/contact

# Own the "Gem of the Century"



## *Incredibly rare find is now available to the public for* ONLY $59!

For centuries, the "Big Four"—diamonds, rubies, emeralds and sapphires—ruled the gem world. When tanzanite debuted in 1967, it was a sensation. Unlike those other stones, which are mined all over the world, tanzanite can be found in only one place on Earth: in the remote Merelani Hills in the shadow of Mt. Kilimanjaro in Tanzania, Africa.

### HUGE SAVINGS
### TAKE 85% OFF THE KARATU TANZANITE RING
WHEN YOU USE YOUR OFFER CODE

**Gem of the century meets deal of the century.** With its remarkable rarity and unique gemstone qualities. it's no wonder that experts have dubbed it, "the gemstone of the 20th century." In recent years, top-quality tanzanite gems have fetched higher prices at auction than rubies, emeralds or diamonds! But because we buy direct and use our own designers, we are able to offer you this rare beauty for **ONLY $59!**

**What makes tanzanite so irresistible to jewelers and gem experts?** Part of its appeal is the beautiful violet blue color. Tanzanite is also trichroic—which means that three different colors are visible when the stone is viewed from different angles.

*"This ring is unbelievable. I've owned some spectacular high-dollar gemstones in my life and this ring will compete with any of them!"* —Katharine, Shreveport, LA

*Henry Platt, past president and chairman of Tiffany & Company, called Tanzanite "The most important gemstone discovery in over 2,000 years."*

A gemstone found only one place on earth, means supply is extremely limited. Get your hands on the *Karatu Tanzanite Ring* before they're gone!

**Your satisfaction is 100% guaranteed.** Experience the rare beauty of the *Karatu Tanzanite Ring* for two months. If you're not completely awestruck, simply send it back within 60 days for a complete refund of the sale price. We want you to feel like you got the deal of the century!

***With over 4,000 sold, we currently have less than 2,000 in stock!***

**Karatu Tanzanite Ring** ~~$399~~*

Offer Code Price *Only* $59 + S&P *Save $340!*

*You must use the insider offer code to get our special price.*

## 1-800-333-2045

**Your Offer Code: KTR179-02**
Please use this code when you order to receive your discount.

Stauer®

14101 Southcross Drive W., Dept. KTR179-02,
Burnsville, Minnesota 55337 www.stauer.com

BBB ACCREDITED BUSINESS Rating of A+

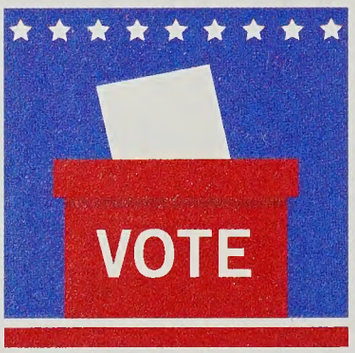
CONSUMER AFFAIRS ACCREDITED

* *Special price only for customers using the offer code versus the price on Stauer.com without your offer code.*

1 1/5 carats of geniune tanzanite • Lab-created white DiamondAura accents • .925 sterling silver setting • Whole ring sizes 5–10

*Smart Luxuries—Surprising Prices™*

## A "yes" vote will allow $2 billion for public projects statewide




Electric cooperative members who vote in North Carolina's primary election on March 15 will help decide whether to approve the Connect NC bond. If approved, the statewide bond will provide $2 billion in investments that will directly impact rural communities. A key part of the plan is that the bond referendum will not require a tax increase.

The Connect NC bond referendum will finance some of the following investments:

- $350 million for construction and renovation at community colleges.
- $309.5 million for water and sewer loans and grants, mostly in rural communities.
- $179 million for agricultural labs and research facilities.
- Funding for university buildings, state parks, public safety and other projects.

The N.C. General Assembly created the Connect NC bond with fiscal responsibility in mind. Analysis shows that the state will keep its AAA bond rating, can borrow at a time of historically low interest rates, and that no tax increase will be required to repay the bonds.

As the primary election approaches, electric cooperative members can expect to hear more about the Connect NC bond referendum in the pages of this magazine, in the local news, and in their communities.

North Carolina's primary election date is March 15 and the Connect NC bond will be on the ballot. You will need to present a photo ID, such as a driver's license, at the polls.

To learn more about the Connect NC bond referendum visit connect.nc.gov or voteyestoinvest.com.

## Next month: Presidential primary election candidates address rural America issues

Carolina Country's March issue will publish a special guide to North Carolina's March 15 presidential primary election.

Last fall, the North Carolina Association of Electric Cooperatives provided presidential primary candidates an opportunity to explain their views on issues affecting electric co-op members and their communities. All presidential primary election candidates seeking nomination of the Democratic and Republican parties were invited to answer one question (see below).

Carolina Country's website and the March magazine will publish the candidates' responses unedited.

Publishing the candidates' responses does not signify support or endorsement.

### The question:

*Decades ago electric cooperatives were established across this country to improve rural communities by providing electricity to areas without it. Now, rural America faces new challenges including a transforming economy, aging infrastructure, and the need for high quality broadband access to open up new avenues for rural business, education and healthcare. As rural America and the electric industry evolve, what is your vision for the industry and how would your administration address these challenges?*

### Statewide primary election schedule

For the first time, registered voters in North Carolina will be required to show a photo ID, such as a driver's license, when voting in the March primary election. Key dates are as follows. For more information: ncsbe.gov

| | |
|---|---|
| **Jan. 25** | Voting by absentee ballot begins |
| **Feb. 15** | Deadline to register to vote |
| **March 3-12** | Early voting permitted |
| **March 8** | Deadline for absentee ballots |
| **March 15** | Primary election day |


Faith Inman

*Statewide board officers and senior officials of North Carolina's electric cooperatives in January met with Gov. Pat McCrory in Raleigh to discuss issues affecting cooperatives and their communities. Shown from left: Carl Kornegay Jr. of Tri-County EMC, Joe Brannan of North Carolina EMC, Mark Suggs of Pitt & Greene EMC, Paul Spruill of Tideland EMC, Dale Lambert of Randolph EMC and Gov. McCrory.*

# Rutherford EMC supplies the electricity distribution needs of an ever-growing equestrian resort in Polk County

Rutherford EMC has been assisting in serving the electrical needs of a $100 million international equestrian center in western North Carolina that's causing a welcome stir, both for its world-class equine amenities and unique entertainment.

Located in Mill Spring, Polk County, Tryon Resort's stadium arena seats 6,000 with six riding rings and 850 permanent stalls. Current on-site lodging includes luxury log cabins, a 50-room inn and an RV park. Three restaurants and a tack shop are open year-round.

For horse enthusiasts and the general public alike, the resort's Saturday Night Lights series showcases Olympic-level riders that end each Saturday night with a grand prix competition.

Saturday Night Lights attendees also enjoy free carousel rides, music and family-friendly activities such as face painting, juggling and stilt-walkers. There are also several vendor shops to browse, carnival treats, and multiple dining choices, including Blue Ginger Sushi & Noodles, Legends Grille (upscale but with a casual dress code) and Roger's Diner (1950s-style fare).

Saturday Night Lights is held spring, summer and fall, and will re-open April 9. The public can also watch weekly hunter/jumper shows starting in the spring. Admission for spectators is free to all equine events. Non-equine events have included a car show, brew festival, Christmas Market and New Year's Eve party.



Tryon Resort

**For more information**
828-863-1000
tryon.com

## Future expansion

The complex officially opened in June 2014. It plans to add an on-site sports complex with pools, tennis courts, basketball, volleyball, climbing walls, fitness center, and a sports bar in 2017. Also, scheduled to open concurrently in 2017, is a 150-room resort hotel overlooking the showgrounds, with indoor and outdoor heated pools and a salon and an Arnold Palmer golf course. Innovative equestrian mogul Mark Bellissimo is heading up the group of private investors, and Salamander Hotels & Resorts is handling hospitality for the resort hotel.

Rutherford EMC has been providing the power needs of the 1,400-acre center since Day One, including locating lines, adding services and planning new construction for large-load underground electricity distribution. Rutherford EMC's system engineer Tom Haire said, "For about a year, Chad Bailey, one of our staking technicians, was there about every day. And a crew was there about every day, also."

For his part, Jeff Brown, the vice president of facilities/construction at Tryon Equestrian Properties, LLC., has appreciated the co-op's member-first service. He recalled one example when a need arose, and Rutherford EMC trucks rolled in quickly to complete the job in about an hour.

Tryon Resort is less than 15 minutes from Lake Lure and roughly an hour's drive from Asheville and Charlotte.

*—Karen Olson House*


Tryon Resort

# Try This!

## LEDs are making headway

### *Residential lighting going increasingly high-tech*

*By Brian Sloboda*




Until fairly recently, homes were lit with a single technology: incandescent lamps. Those days are long gone.

Over the past 20 years, electric co-ops have promoted efficient lighting by adding CFLs (compact fluorescents) to the mix. In 2012, about 30 percent of U.S. residential sockets were filled with CFLs, while incandescents made up the remaining 70 percent. Today, LED (light-emitting diode) bulbs and fixtures are increasingly preferred in many residential and commercial applications for their efficiency, quality of light and compatibility with automatic controls.

In the first quarter of 2015, traditional incandescents accounted for just nine percent of the market share in household lighting. Halogen incandescent replacements, compatible with standards of the Energy Independence and Security Act of 2007 (EISA), made up more than 44 percent of the market, with CFLs at 40 percent. And although the percentage of LED sales has increased dramatically over the last year, they made up just over 6 percent of the market share in the first quarter of 2015. Clearly, though, the age of the LED has begun.

#### Features and considerations

LEDs have dramatically improved in performance and dropped in price since the EISA of 2007, which included changes to lighting standards.

Some LEDs are part of a system that allows the user to turn off lamps — or even change their color — via a smartphone app. This makes the LED lamp more of a consumer electronic device than just a light bulb.

LEDs, which are shatter-proof, are essentially computer chips, so they are more difficult to produce than incandescent bulbs. This is one product where cheaper versions often produce a life span and color that is not what the consumer wants. Higher quality LEDs from reputable brands — GE, Phillips, Cree and Sylvania to name a few — have tested well.

However, some fixtures inside the home do not work well with LEDs. Consumers with older dimmer switches often find that they must purchase newer switches to work with the LEDs. Consumers should pick LED lamps that come with a solid warranty in case there is a problem with quality.

#### What's next?

While LEDs are still on the cusp of becoming our everyday lighting, there are other technologies in development. Organic Light-Emitting Diodes (OLEDs) are similar to LEDs in that they are solid-state devices that produce light when current passes through them. But unlike LEDs, they are made up of multiple, organic semi-conductive layers that produce diffused light. OLEDs are extremely thin and flexible, which has enabled them to be effectively used in displays, like mobile phone screens and TVs. Manufacturers are developing OLED lighting as well, primarily for decorative architectural panels at this point, although some OLED lamps are available today.

*Brian Sloboda is a program manager specializing in energy efficiency for the National Rural Electric Cooperative Association. Laura Moorefield, who also contributed to this article, consults for utilities, state and federal governments and nonprofits on energy efficiency, renewables and program design.*

**For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM**




# How Do You Spell Pearl Necklace? F-R-E-E.

## *Experience the luxury of Genuine Cultured Pearls...FREE!**

You read that right. If you'd like the Stauer genuine 26" cultured pearl necklace absolutely FREE*, all you need to do is call us today. There is no catch. If you're wondering exactly how we can do this... read on.

This stunning, romantic necklace never goes out of style. In a world where some cultured pearl necklaces can cost thousands, shop around and I doubt that you will see any jewelry offer that even comes close.

Stauer has had a very good year and it's time for us to give back. That's why we're offering this stunning, 26" strand of genuine cultured white pearls for **FREE!** You pay only $24.95 for shipping & processing, our normal fee for a $295 necklace...and we'll even *pay you back with a $25 Discount Certificate— that's our BETTER THAN FREE Shipping!*



*"Each Mitsuko® cultured pearl is harvested, polished and strung by hand."*

— James T. Fent, Stauer GIA Certified Gemologist

**Why would we do this?** Our real goal is to build a long term client relationship with you. We are sure that most of you will become loyal Stauer clients in the years to come, but for now, while luxury prices soar, we will give you these classic pearls so you can treat yourself or someone you love without the outrageous price tag.

We did find a magnificent cache of cultured pearls at the best price that I have ever seen. Our pearl dealer was stuck. A large foreign luxury department store in financial trouble cancelled a massive order at the last minute, so instead, we grabbed all of those gorgeous pearls. He sold us an enormous cache of his roundest, whitest, most iridescent cultured 6 ½–7 ½ mm pearls for only pennies on the dollar.

**But let me get to the point:** his loss is your gain. Many of you may be wondering about your next gift for someone special. This year, we've really come to the rescue.

For the next few days, I'm not offering this cultured pearl necklace at $1,200. I'm not selling it for $300. That's because I don't want to SELL you these cultured pearls at all... I want to ***GIVE*** them to you for FREE!

**It's okay to be skeptical.** But the truth is that Stauer doesn't make money by selling one piece of jewelry to you on a single occasion. We do well by serving our long term clients. And as soon as you get a closer look at our exclusive selection including millions of carats of emeralds, rubies, sapphires, tanzanite and amethyst, you're not going to want to buy your jewelry anywhere else.

**Too good to pass up. Too good to last long.** Genuine cultured pearls are a luxurious statement. Stauer finds a deal this outrageous once every few years. We have sold over 200,000 strands of pearls in the last several years and this is our finest value ever.

**There is only a limited quanity left in stock,** so when they're gone, they're GONE! Call to reserve your FREE *Cultured Pearl Necklace* today and experience a brilliant new definition of *price*-less luxury!

Mitsuko® Cultured Pearl Necklace (26" strand) ~~$295~~**

*Your Cost With Offer Code*— **FREE***

*pay only shipping & processing of $24.95.

*You must use the offer code below to receive this special free necklace.*

## 1-800-333-2045

**Offer Code MFP334-03**
Mention this code to receive free necklace.

BBB Rating of A+

Stauer® 14101 Southcross Drive W., Dept. MFP334-03, Burnsville, Minnesota 55337 www.stauer.com

* This offer is valid in the United States (and Puerto Rico) except in TX, FL, CO, OK, RI, NH, WV, OR, SC, VA and ID. These state residents will be charged one cent ($.01) + shipping & processing for the item. Void where prohibited or restricted by law. Offer subject to state and local regulations. Not valid with any other offers and only while supplies last. This offer is limited to one item per shipping address. ** *Free is only for customers using the offer code versus the price of Stauer.com without your offer code.*

*Smart Luxuries—Surprising Prices™*

# Taxes, government subsidies and electric utilities



Federal and state governments recognize the way cooperatives operate and tax them accordingly. Cooperatives are organized as non-profit businesses. Any margins that cooperatives earn are either applied to business operations and facilities or returned to members as capital credits (see "Between the Lines," November 2015). As non-profit enterprises, cooperatives do not pay income taxes.

Income tax is the only tax electric cooperatives are not required to pay. Co-ops pay property tax, sales tax, gross receipts tax, ad valorem tax, unemployment tax and payroll tax. These taxes support local schools, police and fire departments, roads and government services. Nationwide, electric co-ops pay over $1 billion annually in state and local taxes.

Nationwide, electric co-ops pay over $1 billion annually in state and local taxes.

### Federal assistance to electric utilities

All electric utilities in the U.S. receive federal assistance or subsidies. This was the conclusion of Nobel Laureate economics professor Lawrence R. Klein of the University of Pennsylvania and has been further substantiated by numerous studies by federal agencies and others.

Reports by specialists at the Congressional Research Service confirm federal assistance to investor-owned and municipal utilities. One CRS report dated November 30, 1999, states the following: "Utilities also receive various subsidies. Municipalities are able to issue tax-exempt bonds to finance generation of transmission facilities. Investor-owned utilities (IOUs) have benefited in the past from investment tax credits and accelerated depreciation."

An extensive CRS study characterizes tax-exempt bonds of municipal utilities as a taxpayer subsidy: "Tax-exempt bonds reduce public power's interest cost on debt and enable it to lower the price of electricity."

### Federal assistance to investor-owned electric utilities (IOUs)

Investor-owned electric utilities, such as Duke Energy, on average serve 34 customers per mile of line. Their electric rates to customers include their costs for federal tax liabilities. Using an accounting method called "normalization," IOUs can collect federal and state income taxes in advance, whether or not they will actually pay these taxes. Many IOUs may not have to pay since utilities investing in new construction and equipment create a perpetual deferral in which the taxes may never be paid.

The amount of these retained tax dollars is substantial: approximately $142 billion, according to the U.S. Department of Energy, based on official reports filed by investor-owned utilities. Federal studies have referred to this amount as an "interest-free loan." The annual value of this major federal assistance to investor-owned utilities is estimated at $4.9 billion for 2013, making the federal subsidy to IOUs about $47 per customer.

### Federal assistance to municipal (city-owned) electric utilities

Municipal electric utilities on average serve 48 customers per mile of line. These utilities issue tax-exempt bonds. The federal government loses revenue because the interest income to owners of these tax-exempt bonds is not taxed. The federal subsidy to city-owned utilities in 2003 (the last year available) was $909 million or $55 per customer.

### Federal assistance to electric cooperatives

Member-owned electric cooperatives on average serve 7.4 member-accounts per mile of line. Co-ops receive loans from the Rural Utilities Service (RUS), a division of the U.S. Department of Agriculture. Federal assistance to co-ops comes in the form of an interest subsidy (federal borrowing rate minus the RUS rate) on outstanding RUS loans. There was no subsidy in 2013. The interest rate on money borrowed by the government during 2013 was 3.45 percent. The average interest rate on outstanding RUS loans to cooperatives during the year was 4.13 percent. Interest paid by RUS borrowers during the year therefore exceeded the cost to the government of carrying those loans, thus the government made money on their investment in loans to electric cooperatives.

Calculations based on federal government financial reports show that electric cooperatives receive the least amount of subsidy per customer: none in 2013 as compared to $47 per customer for IOUs and $55 per customer for city-owned utilities. The difference in federal subsidies for each type of utility becomes even sharper after considering that because electric cooperatives serve sparsely populated areas across the vast countryside, they have only 7.4 customers per mile compared to 34 for IOUs and 48 for city-owned utilities.

*Prepared by the North Carolina Association of Electric Cooperatives. See the entire series in Your Energy at carolinacountry.com. Source: David Mohre, executive director of the Energy and Power Division, National Rural Electric Cooperative Association.*

ADVERTISEMENT

# *Thanks to those who care about the* North Carolina Jaycee Burn Center



North Carolina's Touchstone Energy cooperatives hosted a fundraiser in October, 2015 that raised $132,297 for the North Carolina Jaycee Burn Center and its Burn Prevention programs. Over the years, the cooperatives have donated more than $1.5 million to the Burn Center's fire prevention and educational programs.

The Burn Center's programs seek to garner awareness about burn prevention and burn management and targets audiences such as emergency care personnel, fire departments, youth and senior citizens. Educational programs are delivered free of charge across the state. The Burn Center's outreach staff works to pass legislative initiatives to promote fire and burn safety and distributes safety tips to citizens statewide. With help from the electric cooperatives, the Burn Center is updating its facilities and expanding its services.

"North Carolina's electric cooperatives, our vendors and partners are pleased to support the Burn Center in reaching its goals of reducing the number of burns in our state through expanded burn prevention programs and, when a burn occurs, to provide the best possible care," said tournament chair Dale Lambert, CEO of Randolph EMC, Asheboro.

Listed here are the donors to this fundraiser supporting burn prevention. The cooperatives are grateful to all of the organizations and individuals who contributed to the success of this fundraiser.

UNC HOSPITALS
NORTH CAROLINA JAYCEE BURN CENTER

North Carolina's Electric Cooperatives
Your Touchstone Energy® Cooperatives

## DIAMOND SPONSORS

CoBank
Duke Energy
Pike Electric, Inc.
NCEMC

## PLATINUM SPONSORS

Lee Electrical Construction, Inc.

## GOLD SPONSORS

CFC

## SILVER SPONSORS

ACES Power Marketing
Albemarle EMC
Blue Ridge EMC
Booth & Associates, Inc.
Brunswick EMC
Carolina Dielectric Co.
ElectriCities of NC, Inc.
EnergyUnited
ERMCO
Four County EMC
French Broad EMC
Hubbell Power Systems, Inc.
Jones-Onslow EMC
Mölnlycke HealthCare US, LLC
National Transformer Sales, Inc.
NextERA
Pee Dee EMC
Piedmont EMC
PW Power Systems, Inc
Randolph EMC
Roanoke EC
Sandhills Utility Services, LLC
SCANA (SCE&G)
Southeastern Data Cooperative
South River EMC
Sumter Utilities, Inc.
Surry-Yadkin EMC
Tri-County EMC
Union Power
Wake EMC

## BRONZE SPONSORS

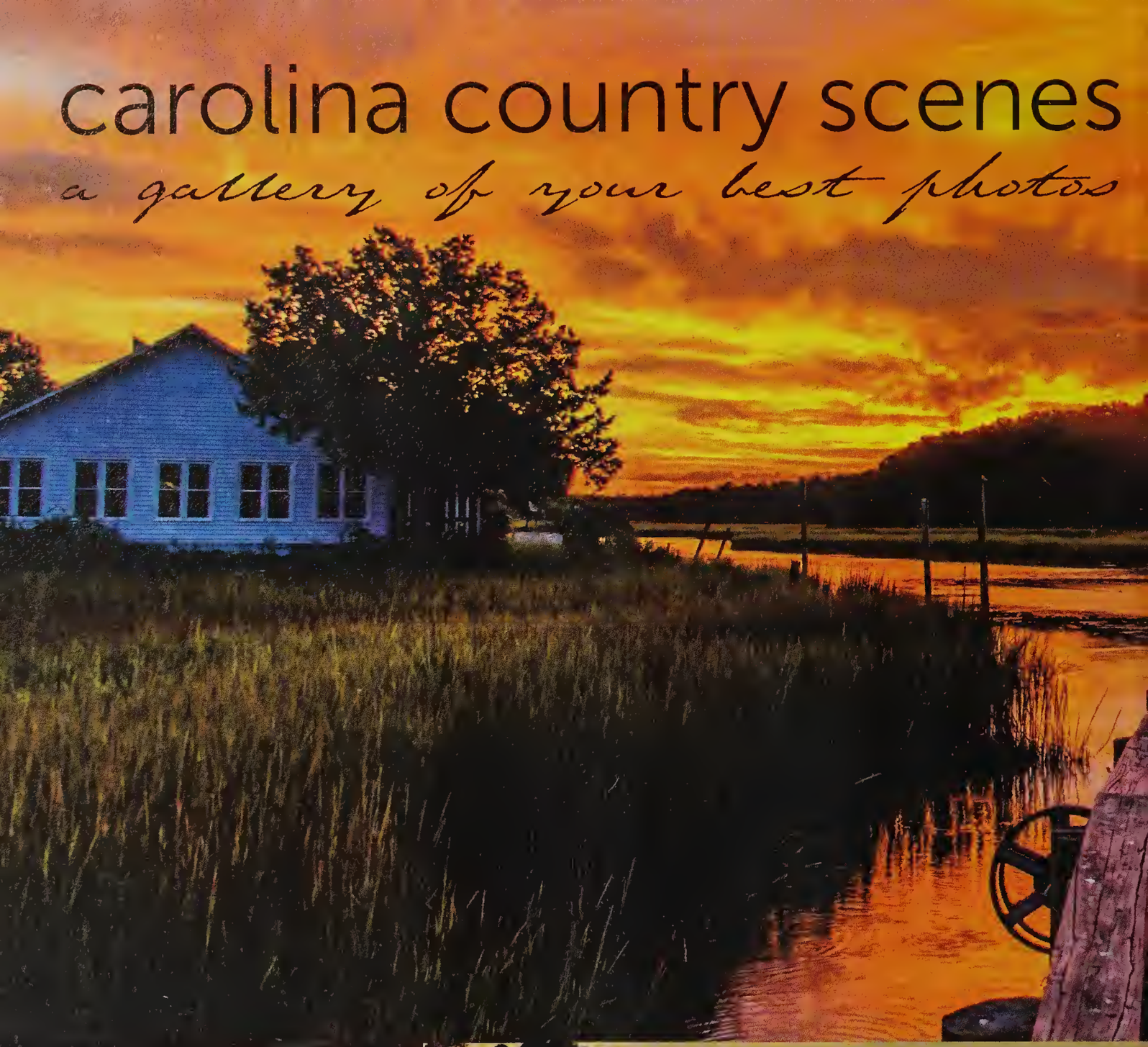
AEP Energy Partners
Applied Technology Solutions, Inc
Asplundh Tree Expert Co.
Cape Hatteras EC
Carteret-Craven EC
Central EMC
Cox Industries
Diversified Energy
Edgecombe-Martin County EMC
Electrical Consulting Engineers, Inc.
Federated Rural Electric Insurance Exchange
General Cable
Halifax EMC
Haywood EMC
Lewis Advertising
Lewis Tree Service
Lumbee River EMC
McFarland Cascade
NISC
NRTC
Pitt & Greene EMC
PowerServices, Inc.
Rutherford EMC
Southern Power Company
Substation Engineering & Design Corp.
Substation Enterprises
The Okonite Company
Tideland EMC

## INDIVIDUAL SPONSORS & DONATIONS

Advanced Energy
Altec Industries, Inc.
American Safety Utility Corporation
Anixter Power Solutions
Bellwether Management Solutions, LLC
Carolina Tree Care
Carter Utility Tree Service, Inc.
Eaton-Cooper Power
Electrical Materials Company
Enerco Energy Services
Ensales, Inc.
Lekson Associates, Inc.
MAP
McCall-Thomas Engineering Co., Inc.
Milsoft Utility Solutions, Inc
Nordic Fiberglass
Osmose Utilities Services, Inc.
PBC
Prysmian Group
R. W. Chapman Co.
Terex Utilities
The Durham Company
Xylem Tree Experts
Chuck Terrill
Randall Jones
TEMA

# carolina country scenes

## *a gallery of your best photos*





Thanks to everyone who submitted pictures to our annual photo contest (Dec. 15 deadline). The judges chose from among 400 photos of people and places throughout North Carolina. In addition to these images, we'll run more in our "Photo of the Month" magazine feature. And even more selections will appear as the "Photo of the Week" on our website (carolinacountry.com), where there's a collection of all pictures that have appeared there. Our Facebook page routinely showcases reader pictures, including those you can post there yourself.

*—The editors*







**1** CALABASH COLORS
*Mark Head, Sunset Beach, Brunswick EMC*

**2** PORPOISE PARADE
While riding a jet ski in September on the Pamlico River, we followed a group of porpoises. They let us get really close and rode along with us.
*Susan Williamson, Aurora, Tideland EMC*

**3** POWERFUL PRACTICE
During baseball practice, we took pictures to improve our son's batting skills. After reviewing this photo, I noticed the clouds and the EMC power lines which appear to be touching the top of his head and energizing his hit.
*Doug Drake, Pinetops*
*Edgecombe-Martin County EMC*

**4** SISTERS SHARE AUTUMN SPLENDOR
My sister and I hiked the Rough Ridge trail in Boone. It was a day well spent with my best friend.
*Holly Nicholson, Boone, Energy United*









**1 MOTHER NATURE'S MILKY WAY**
During the summer, the mighty Milky Way shines bright in the sky and is visible to the naked eye. On this particular night at Fort Fisher State Historic Site, there was not a cloud in sight and the low tide offered a an excellent foreground of jagged rocks and of the exposed jetty. I set up my gear and watched Mother Nature do its thing.
***Andy Conner, Columbus, Rutherford EMC***

**2 HOW TO SAY CAROLINA**
Nothing says Carolina like Cheerwine, a sweet farm girl, and a rusty ol' Ford. Picture taken on our family farm in Iron Station.
***Amy Hallman, Iron Station, Rutherford EMC***

**3 JELLYFISH BLUES**
Aquarium in Fort Fisher on a family trip.
***Dakota Locklear, Maxton, Lumbee River EMC***





**4 CHARLOTTE SKYLINE**
Taken from Central Avenue bridge.
*Nhat vu, Mint Hill, Union Power*

**5 GOOD MORNING MANTEO**
A beautiful October morning sunrise in Manteo. No wind on the sound made for wonderful reflections and great color.
*Tom Brennan, Hertford, Albemarle EMC*

**6 TREE FROG STARE DOWN**
I found this Cope's grey tree frog in a building one day. I moved him outside to get better lighting. He stared at the camera for quite a while, so I got some great pictures.
*Kristen Forney, Louisburg, Wake Electric*

**1 THE GOLDEN HOUR**

This photo was taken on a snowy day in eastern North Carolina at my favorite time of day, the golden hour.

*Lindsay Richardson, Mount Olive, Tri-County EMC*

**2 THE NOSTALGIC ART OF FRUIT AND VEG**

On many Sunday afternoons, my husband and I like to visit the Hendersonville Farmers Market. When I first spotted the canned vegetables, it took me back to my great-grandmother's house, wearing her apron while taking cornbread out of the oven that had been baked in a black cast iron pan.

*Cindy L. Downs, Waynesville, Haywood EMC*

**3 SUNLIT LANDING**

A pelican lands in the sunlit water near the fish house in the harbor in Davis.

*Linda Sandbo, Morehead City*

**4 OCEAN VS. OAKS**

When our family heads out to catch the last bit of light and get our feet wet in the ocean at Fort Fisher, I head over to the riverside to catch the sunset coming through the oaks. It's absolutely magical.

*Mike Melnotte, Wilmington*

**5 SALTY PAWS ROUSEY**

Our newest additon to the Guthrie family, Salty Paws Rousey, enjoys the beautiful beach evening at The Point in Emerald Isle, late August 2015.

*Karen Guthrie, Cedar Point, Carteret-Craven Electric Cooperative*

**6 RED-BANDED HAIRSTREAK**

My wife and I live in Iron Station and we try to find interesting places to explore every week. We spotted this Red-banded Hairstreak while walking in McAlpine Greenway Park in Mecklenburg County.

*Mathias Engelmann, Iron Station, EnergyUnited*

**7 THOUGHTFUL HENRY**

My son, Henry, age 6, waits for the train ride at the NC Transportation Museum. I felt like I was looking at him in the future, like he had literally grown before my eyes. I hope he never loses the wondering and thoughtfulness I see in him in this photo.

*Laura Nettles, Woodleaf, EnergyUnited*











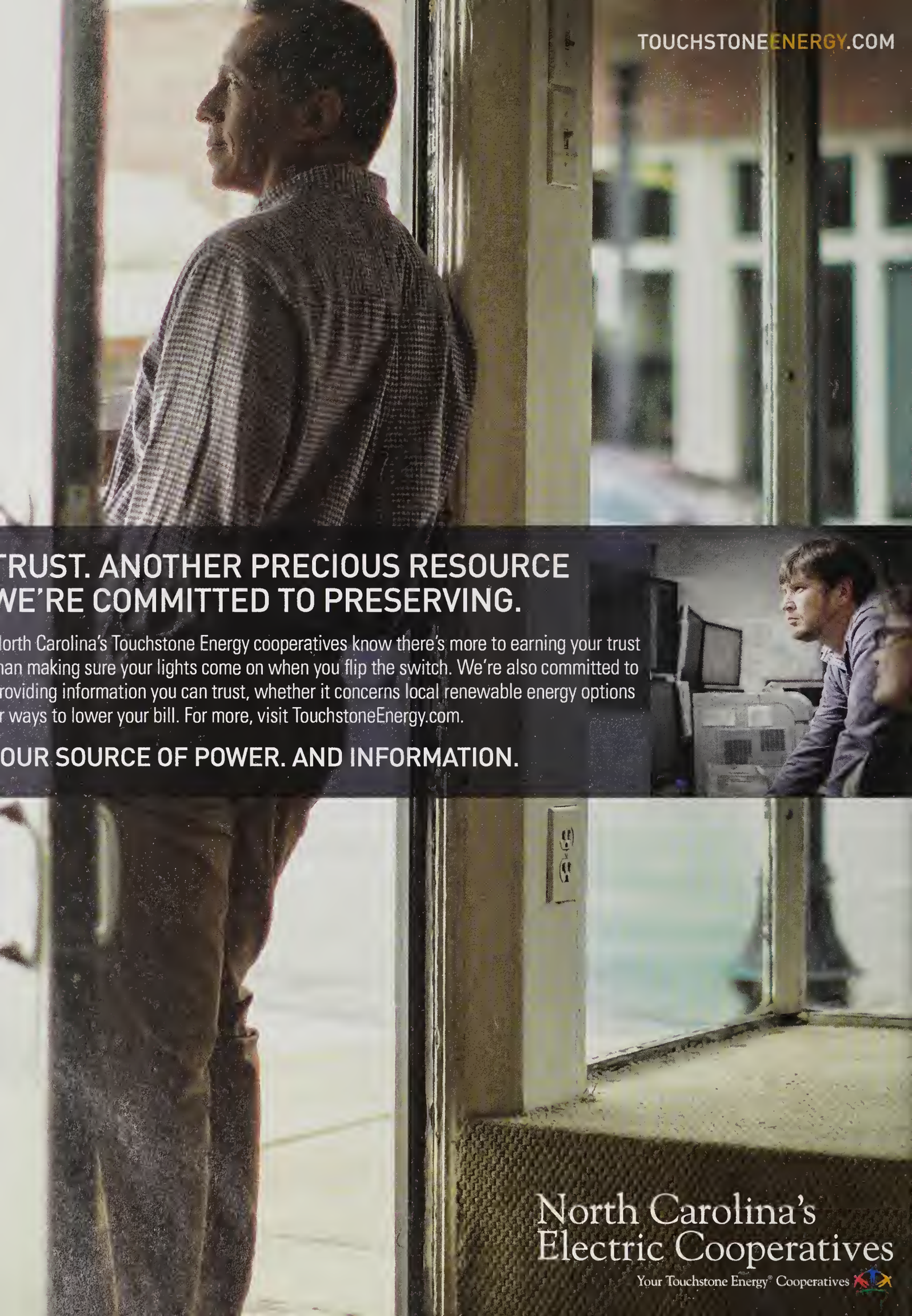


5



6

7


TOUCHSTONEENERGY.COM
'RUST. ANOTHER PRECIOUS RESOURCE
WE'RE COMMITTED TO PRESERVING.
lorth Carolina's Touchstone Energy cooperatives know there's more to earning your trust
han making sure your lights come on when you flip the switch. We're also committed to
roviding information you can trust, whether it concerns local renewable energy options
r ways to lower your bill. For more, visit TouchstoneEnergy.com.
OUR SOURCE OF POWER. AND INFORMATION.
North Carolina's
Electric Cooperatives
Your Touchstone Energy® Cooperatives

# Winter care for cars and trucks

***Proper maintenance now can prevent accidents later***



Conducting routine maintenance on your vehicle is necessary to maintain optimal performance and prevent costly repairs. More importantly, cold weather has the potential for treacherous road conditions, so proactively giving certain areas of your car special attention can also protect your safety.

### Brakes

- A faulty brake system may impede your ability to safely slow your vehicle in inclement driving conditions or to avoid an accident. Brakes sustain normal wear and eventually need to be replaced.
- Have your complete brake system thoroughly inspected annually and replace equipment as needed.
- If your car is pulling to the left or right, or if you hear odd noises when you apply the brakes, get your brakes inspected. Other warning signs include an illuminated brake warning light, brake grabbing, low pedal feel, vibration, hard pedal feel and squealing.
- Don't overlook the parking brake, which may require adjustment or replacement parts.

### Wheels and tires

- When roads become wet or icy, your wheels and tires can help ensure you have the traction you need to maintain control. Maintaining tire balance and wheel alignment reduces wear and improves handling and fuel economy.
- Tire replacement is necessary if the tread depth is below the minimum legal requirement, or if the sidewalls are severely cracked or punctured.
- Use the "penny test" to check your tread; if you see Lincoln's head above the tread, you are ready for new tires. Uneven wear indicates a need for wheel alignment. Tires should also be checked for bulges and bald spots.
- Have your car's alignment checked at least annually or at the first sign of improper handling or uneven wear.
- Check inflation pressure at least once a month (including the spare) and once per week in the winter.
- Rotate and balance tires every 6,000 miles to avoid accelerated wear on shock absorbers and struts.

### Battery

- If the battery is three years old or more, it should be tested and replaced if necessary.

### Headlights

- Chances for accidents dramatically increase if you can't see or be seen.
- If there is any doubt about whether or not your headlights should be on, turn them on.
- Keep headlights, tail lights and signal lights clean.
- Make sure your headlights are properly aimed. If they aren't, headlights blind other drivers and reduce your ability to see the road.

### Windshield wipers

- Many factors can accelerate the replacement of wipers, including weather, frequency of use, material and type of wipers.
- In general, replace blades every six months or when cracked, cut, torn, streaking or chattering.
- Some vehicles have two washer fluid reservoirs. Check levels monthly and use washer fluid only; do not use water.

*—FamilyFeatures.com*

### Free guide




A free, updated guide from the Car Care Council (in English and Spanish) is available at carcare.org. You can order a printed copy or download it from the website. Topics include finding a repair shop, service recommendations and understanding warranties. There's also a new section on vehicle telematics (wireless information such as a GPS system), environmental awareness and alternative fuels.



# A hearty twist on comfort food

## *Nutritious sorghum is a versatile multi-tasker for your pantry*

When you think of winter comfort foods, you think of those hearty meals from home: rich stews, soups and chili, pot pies and one-pot dishes. This year, put a new twist on those classics.

Sorghum, a grain that resembles bulgur or wheat berries, is a healthy and tasty way to add variety to your favorite comfort foods. You can use sorghum in its whole grain form or pearled for great tasting, healthy dishes just like you would use rice. Its mild taste absorbs other flavors well, and its hearty texture is ideal for cool-weather recipes. What's more, sorghum boasts an impressive nutritional profile. Naturally gluten free, it's a hearty, soft bite solution to meeting the goal of 2–3 servings of whole grains each day.

Easy to prepare ahead and freeze, sorghum doesn't compromise quality and also lends convenience to dishes that will warm you from the inside out. For best results, soak the whole grain overnight in cool water, then drain and cook 1 cup of sorghum in 3 cups of water—35 minutes for pearled sorghum and 45 minutes for whole grain sorghum.

You can find more recipes at healthysorghum.com.

### Sorghum Butternut Squash Risotto

*Recipe courtesy of Barbara Kliment*

- 4 cups chicken broth
- 1 large vanilla bean or 1 tablespoon vanilla paste
- 3 cups peeled butternut squash, cut in 1-inch cubes
- 2 tablespoons butter, plus 1 tablespoon
- ½ cup chopped onion
- 1½ cups pearled sorghum
- ½ cup dry white wine
- ½ cup grated Parmesan
- ½ teaspoon salt
- pepper to taste
- chives for garnish (optional)

In a medium saucepan, warm broth over medium-high heat. Cut the vanilla bean in half lengthwise; scrape out seeds and add with bean to broth. Or use vanilla paste.

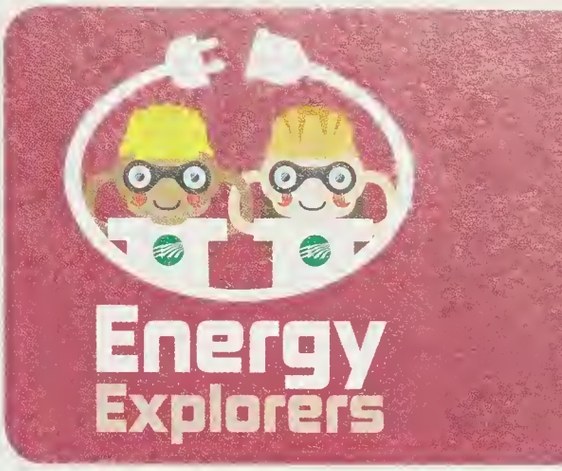
Bring to simmer; reduce heat to low. Add the squash and cook until tender, about 5 minutes. Use slotted spoon to remove the squash to a separate dish. Turn heat on the broth to very low and cover to keep warm.

Meanwhile, in a large, heavy saucepan, melt 2 tablespoons butter over medium heat. Add onion; saute until tender, about 3 minutes. Add sorghum; stir to coat with butter. Add wine and simmer until almost evaporated, about 3 minutes. Add 1½ cups broth, cover and cook until almost completely absorbed, about 10–15 minutes. Continue cooking, adding ½ cup of broth at a time, stirring constantly, allowing broth to be absorbed before adding more until sorghum is tender but still firm to bite and creamy, about 20 minutes total.

Discard the vanilla bean. Turn off heat; gently stir in squash, cheese, remaining butter, salt and pepper. Transfer to serving bowl and sprinkle with chives or parmesan. Serve immediately.

*Serves: 6*

# Electrical Safety Quiz




Electricity is great! We use it to light our homes, watch TV with our families and enjoy many other activities. But electricity can be dangerous if we aren't careful when using it. Test your electrical safety knowledge by answering the questions below.

**1) It is safe to run extension cords under carpet or rugs in your home.**

A. False
B. True

**2) How often should smoke alarms in your home be tested?**

A. Once a year
B. Once a month
C. Once every three months

**3) How far should items be kept away from space heaters?**

A. At least one foot
B. At least five feet
C. At least three feet

**4) Overloaded outlets can overheat and cause a fire.**

A. True
B. False

**5) When using an electrical appliance or playing with an electrical toy outside, what is the minimum distance you should keep between yourself and any wet surface or swimming pool?**

A. Ten feet
B. Five feet
C. Three feet

*How many did you get right? Check the answer key below!*



**ANSWER KEY**

1) A 2) B 3) C 4) A 5) A

America's Electric Cooperatives




# Heating systems

## *Consider fuel costs when mulling choices*

*By James Dulley*

When changing an entire heating and cooling system, you can choose fuel types for heating. But electricity is the only cooling option for an air conditioner or heat pump.

Operating cost and comfort are the primary factors in selecting a new system. Efficiency and relative cost of the various fuels determine the operating cost. Fuel prices can fluctuate dramatically over time, as we have seen recently with fuel oil and propane.

A geothermal heat pump is the most efficient year-round system because it heats and cools using stored heat from the ground. I installed one in my own home last spring. Select a two-speed or variable-speed model for the best comfort. It continuously matches heating and cooling output to the house needs. The initial cost of a geothermal system is substantially more than other complete systems, but the utility bill savings easily pay back its higher cost. Plus, there is a 30 percent federal tax credit for geothermal heat pumps installed before 2017.

If you install a heat pump instead of a central air conditioner only, even if you plan to have a fossil fuel furnace (called a hybrid system), the installed cost is not significantly more expensive and your annual utility bills will be lower. The advantage of a heat pump is it heats very efficiently during mild spring and fall weather. And a heat pump cools as efficiently as a central air conditioner during summer.

If natural gas is available in your area, a condensing furnace generally is the most cost effective choice. With the glut of domestic natural gas now available from the fracking process, there should be an adequate supply at reasonable prices for the foreseeable future. Efficiencies are as high as 97 percent.

A propane or oil furnace also can provide comfortable heating. A propane furnace is almost identical to a gas one, but propane is typically more expensive to use and can be in short supply, as it was several winters ago. Oil is readily available, but oil furnace efficiency is not as high, and these furnaces require substantial maintenance.

You can consider alternative fuels such as firewood, corn, pellets, etc., for supplemental heating. New model burners are convenient to use, and the primary fuel is "renewable." For example, new dual-fuel wood furnaces automatically switch to gas or propane when the wood burns out overnight.

*James Dulley is an engineer and a longtime columnist for Carolina Country. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244. dulley.com*

**1** *This is a high-efficiency oil boiler for floor radiant or baseboard heating. Gas and propane models are also available.*

**2** *A super-efficient geothermal heat pump shown with and without the front cover. Notice the large air cleaner and water fittings for also heating hot water.*

**3** *Shelled corn can be burned in corn stoves and some pellet stoves. Corn is one of the least expensive sources of heat for a home.*

**4** *This heat pump is used in a hybrid heating/cooling system with a gas, propane or oil furnace.*

**5** *This shows the interior of a high-efficiency condensing furnace.*

**6** *Variable-speed geothermal heat pump in Dulley's home uses a horizontal ground loop.*

### Comparing operating costs

Use the following heat contents and your local fuel costs:

- **Natural gas:** 1,025 Btu/cubic foot
- **Oil:** 138,700 Btu/gallon
- **Propane:** 91,000 Btu/gallon
- **Electricity:** 3,414 Btu/kilowatt-hour
- **Firewood:** 22,000,000 Btu/cord
- **Corn:** 448,000 Btu/bushel.

Divide your local cost per Btu by the various system efficiencies to compare operating costs.

# HARBOR FREIGHT

**QUALITY TOOLS AT RIDICULOUSLY LOW PRICES**

## How Does Harbor Freight Sell GREAT QUALITY Tools at the LOWEST Prices?

We have invested millions of dollars in our own state-of-the-art quality test labs and millions more in our factories, so our tools will go toe-to-toe with the top professional brands. And we can sell them for a fraction of the price because we cut out the middle man and pass the savings on to you. It's just that simple! Come visit one of our 600 Stores Nationwide.

---

SUPER COUPON

**20% OFF**

ANY SINGLE ITEM

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, extended service plan, gift card, open box item, 3 day parking lot sale item, compressors, floor jacks, saw mills, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, CoverPro, Daytona, Diablo, Franklin, Hercules, Holt, Jupiter, Predator, Stik-Tek, StormCat, Union, Vanguard, Viking. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 5/25/16.

82325716

---

SUPER COUPON

**FREE**

WITH ANY PURCHASE

CEN-TECH

**7 FUNCTION DIGITAL MULTIMETER**

LOT 90899 shown
98025/69096

$15 VALUE

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one FREE GIFT coupon per customer per day.

82305514

---

SUPER COUPON

US★GENERAL

**26", 4 DRAWER TOOL CART**

LOT 95659 shown
61634/61952

- 580 lb. Capacity

SAVE $250

Customer Rating

$99.99

~~$159.99~~

comp at $349.99

82340153

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**16 OZ. HAMMERS WITH FIBERGLASS HANDLE**

PITTSBURGH

| CLAW | RIP |
|---|---|
| LOT 69006 | LOT 47873 shown |
| 60715/60714 | 69005/61262 |

Customer Rating

SAVE 83%

YOUR CHOICE $2.99

comp at $17.99

82262850

LIMIT 7 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW WITH LASER GUIDE**

★ WINNER ★
Best Value Award
– The Family Handyman

CHICAGO ELECTRIC POWER TOOLS

LOT 69684 shown
61776/61969/61970

Customer Rating

SAVE $264

NEW

$134.99

comp at $399

82276363

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

WOW SUPER COUPON

**6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINES**

Customer Rating

LOT 60363/69730/68120

LOT 68121/69727 shown
CALIFORNIA ONLY

SAVE $230

$97.99 ~~$119.99~~

comp at $328

PREDATOR ENGINES

82294817

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**18 VOLT CORDLESS 3/8" DRILL/DRIVER WITH KEYLESS CHUCK**

drill master

LOT 69651
62868/62873
68239 shown

Includes one 18V NiCd battery and charger.

SAVE 65%

Customer Rating

$16.99

comp at $49.21

82313832

LIMIT 6 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**CENTRALPNEUMATIC 3 GALLON, 100 PSI OILLESS PANCAKE AIR COMPRESSOR**

SAVE 55%

LOT 60637
61615
95275 shown

$39.99 comp at $89

82340238

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**AUTOMATIC BATTERY FLOAT CHARGER**

CEN-TECH

Customer Rating

SAVE 82%

LOT 69594
69955
42292 shown

$5.99 comp at $34.99

82274983

LIMIT 8 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**RAPID PUMP® 3 TON LOW PROFILE HEAVY DUTY STEEL FLOOR JACK**

PITTSBURGH AUTOMOTIVE

- Weighs 73 lbs.

LOT 61282 shown
68049/62326
62670/61253

SAVE $85

$84.99 comp at $169.99

82290925

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**ADJUSTABLE SHADE AUTO-DARKENING WELDING HELMET**

CHICAGO ELECTRIC WELDING

LOT 61611
46092 shown

SAVE 49%

$40

~~$49.99~~

Customer Rating

comp at $79.99

82295922

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**10 PIECE DRAGONFLY SOLAR LED STRING LIGHTS**

NEW

LOT 60758
62689 shown

SAVE 76%

one stop gardens

$7.99 comp at $34.49

82322951

LIMIT 9 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE**

SAVE $453

LOT 61256
60813/61889
68142 shown

$299.99

~~$399.99~~

BADLAND

comp at $752.99

82317977

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

SUPER COUPON

**MOVER'S DOLLY**

HaulMaster

LOT 60497/61899
62399/93888 shown

- 1000 lb. Capacity

$8.76 ~~$11.99~~

SAVE 56%

comp at $19.97

82308949

LIMIT 6 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 5/25/16. Limit one coupon per customer per day.

---

- 100% Satisfaction Guaranteed
- No Hassle Return Policy
- Over 30 Million Satisfied Customers
- Lifetime Warranty On All Hand Tools

- 600 Stores Nationwide
- HarborFreight.com 800-423-2567

# I Remember...



## No matter how cold it gets

This is a picture of my stepfather, Ronnie Shepard, and my daughter, Autumn Brady, age 2. Although it was a cold day, my daughter wanted to go for a ride on my stepfather's 1950s Farmall tractor at his place in Lawsonville. So we put on our coats, and with a big smile I watched them make laps around the house. Lost in how much fun they were having, I forgot about how cold and windy it was outside. Every time my daughter looks at the picture, she talks about and remembers that day as if it just happened.

Now in winter she tells me, "Dad, it's about time to wrap up and ride the tractor." No matter how cold it gets outside, family love will always find a way to warm up the day.

*Mike Brady, Westfield, Surry-Yadkin EMC*

## My grandmother's apron

I don't think I ever saw my grandmother without an apron around her waist. As a young child, I thought the apron was just part of her dress.

She kept her every-day aprons washed, but they showed the stains from her daily activities: gathering beans from the garden, returning baby chicks when they wandered off from the mother hen, wiping tears from faces of her grandchildren. One day, I watched as she grabbed the hem of her apron to dust the coffee table before a neighbor came to visit for a chat and a cup of coffee.

I would volunteer to help wash dishes just to have one of her aprons tied around my waist. I wore it for hours, following my grandmother around in her garden. As she would gather the green beans and place them in her apron, I would do the same. I realized there was a lot of work you could do wearing an apron.

On Sundays she would put on a white apron without any stains. It was always heavy starched and perfectly ironed. I will always remember the special Sunday apron she wore as she would place the fried chicken bowl on the dinner table. Some memories never leave your heart and mind.

*Phyllis McManus, Monroe, Union Power Cooperative*



## SEND US YOUR *Memories*

We'll pay **$50** for those we publish in the magazine.

**Guidelines:**

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. Only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative. Also, your phone number or email address in case of questions.
7. **Online:** carolinacountry.com/contact
   **Email** ("Memories" in subject line.): iremember@carolinacountry.com
   **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616



The dock was still there when they returned nearly 20 years later.

## "Give her to me"

Almost 20 years ago I gave birth to my only child, a girl, Megan. I remember the first day my dad saw her. He wanted a grandson, but lo and behold, a girl graced our presence. He sat on the hospital bed and put his arms out and said, "Give her to me." I passed her over, and right then I knew there was a bond that would never break.

He took her everywhere. They napped alike, enjoyed tractor work together, laid bricks together, fished, everything.

But little ones grow up, grownups get old, and the grandparents get to watch from the front porch rocking chair. As my daughter started her senior year of high school, my dad came to me and said he wanted to get a senior picture done with Megan. She was all for it. So I asked my dad what he had in mind, and he showed me a picture I took of the two of them at Catfish Lake fishing. He said, "I want to do this again."

As we all know, teenagers are busy, but she would not miss a moment of time spent with her Grandpa. So we packed up the fishing gear and took off. As we arrived at the original spot, we saw the dock still there, just like those many years before. I let them go down as I watched from a distance, tears welling up as I realized this is something neither of them will ever forget.

*Lula Futrell, Newport, Carteret-Craven Electric Cooperative*

## Blue Ridge EMC's first Alleghany crew

Our dad, Oscar "Cecil" Nicholson, worked for Blue Ridge Electric for over 23 years. He was one of the first men in the Sparta area to work for the cooperative. My sister, Linda, and I remember nights when our phone would ring all night reporting outages. Our mom would sit on a stool by the phone and write down names of people who called. Dad would know the pole number where the problem was located.

He would sometimes be gone all night after storms. After the severe storm in the winter of 1960, he was gone for days except to drop in to check on his family. The co-op men worked day and night climbing poles and repairing lines. Our family had to learn to get by without him when he was on duty. It was amazing how the men knew where to find the problems.

Times have changed and technology has made it possible for men today to use bucket trucks to do what men did then by foot and hand. The men who worked on those early Blue Ridge EMC crews were the core of the cooperative and helped to build Blue Ridge EMC into the strong co-op that it is today.

*Patricia Edwards, Sparta, Blue Ridge Electric*



The only one of this 1955 Alleghany district crew who is alive is Oscar Evans, who helped me identify them. From left: Jess Gentry, Oscar "Cecil" Nicholson, Claude Edwards, Clay Nichols, Jimmy Allen, Floyd Tripplet, Oscar Evans, Paul Edwards, Don Dotson, and one we can't identify.

# Field Trip!



Did you know that Fort Macon was North Carolina's first functioning state park? It has a restored Civil War-era fort, a coastal education center and an unspoiled shoreline for swimming, surf fishing and beachcombing. The fort was once a project of Robert E. Lee as a young army engineer. Located at the eastern tip of Bogue Banks in Carteret County, it is surrounded by water on three sides.

The park holds guided tours, reenactments and cannon and musket firings, and its museum's restored quarters give you a peek into the lives of officers and soldiers. There are also opportunities to learn about estuaries and dune fields. (252) 726-3775 or ncparks.gov/fort-macon-state-park



## State Parks Week

North Carolina's State Park system, which is celebrating its centennial this year, is holding special activities during its North Carolina State Parks Week Feb. 28 through March 5. Find out more at ncparks.gov.



# Time to put up bluebird boxes

Do you know that Eastern bluebirds start shopping for their nests in February in North Carolina? Historically, these bluebirds have nested in natural tree cavities, but their choices have narrowed as trees are cut down.

Bluebird boxes, often sold at your local hardware store or home improvement center, offer a great way to see the birds and their eggs, up close and personal. Bluebirds have a cheery song and docile nature. They establish their nests anywhere between late February and June, with the first clutches of eggs laid in April.

Get a box made especially for bluebirds and place it 5 feet high at the edge of a large grassy area or meadow, with the opening facing the open area. To learn more about bluebirds and their homes, visit eenorthcarolina.org and carolinacountry.com (search term: "Bluebirds in North Carolina").



## Fun fact

Basketball legend Michael Jordan always wore his University of North Carolina shorts under his NBA Chicago Bulls uniform for good luck. To cover his lucky pair, he began wearing longer shorts, which inspired a trend in the NBA.

# tar heel lessons

a guide to NC for teachers and students

# Dance Theatre of Harlem

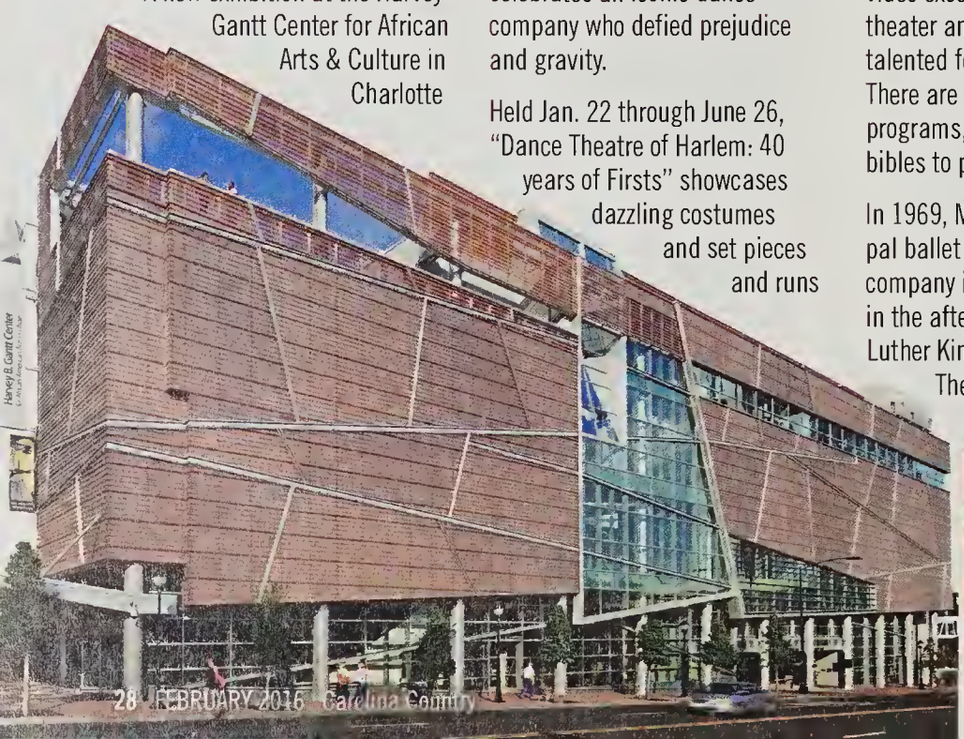
A new exhibition at the Harvey Gantt Center for African Arts & Culture in Charlotte celebrates an iconic dance company who defied prejudice and gravity.

Held Jan. 22 through June 26, "Dance Theatre of Harlem: 40 years of Firsts" showcases dazzling costumes and set pieces and runs video excerpts in honor of the theater and its courageous, talented founder, Arthur Mitchell. There are also original tour programs, posters and design bibles to peruse.

In 1969, Mitchell, then a principal ballet dancer, founded the company in a church basement in the aftermath of Dr. Martin Luther King's assassination.

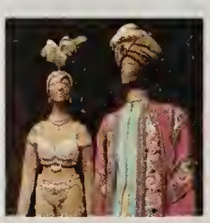
The company went on to make performing arts history and shattered barriers for future generations to come. 704-547-3700 or ganttcenter.org









*Perfect Choice HD™ is simple to use, hard to see and easy to afford...*

# Invention of the Year

PERSONAL SOUND AMPLIFICATION PRODUCTS (PSAPs)

## THEY'RE NOT HEARING AIDS




*Virtually impossible to see.*

Perfect Choice HD is NOT a hearing aid. It is a Personal Sound Amplification Product (PSAP). Hearing aids can only be sold by an audiologist or a licensed hearing instrument specialist following hearing tests and fitting appointments. Once the audiologist had you tested and fitted, you would have to pay as much as $5000 for the product.

Personal Sound Amplification Products use advanced digital processing to amplify the frequencies of human speech. Thanks to the efforts of a doctor who leads a renowned hearing institute, this product is manufactured in an efficient production process that enables us to make it available at an affordable price.

The unit is small and lightweight enough to hide behind your ear... only you'll know you have it on. It's comfortable and won't make you feel like you have something stuck in your ear. It provides high quality audio so soft sounds and distant conversations will be easier to understand.

Try it for yourself with our exclusive home trial. Some people need hearing aids but many just want the extra boost in volume that a PSAP gives them. We want you to be happy with Perfect Choice HD, so we are offering to let you try it for yourself. If you are not totally satisfied with this product, simply return it within 60 days for a refund of the full product purchase price. Don't wait... don't miss out on another conversation... call now!

| | |
|---|---|
| **WEIGHT** | Less than 1 ounce |
| **SOUND QUALITY** | Excellent: Optimized for speech |
| **FITTING REQUIRED?** | No |
| **ONE-ON-ONE SETUP** | Free |
| **RETURN POLICY** | Full refund of product purchase price within 60 days |
| **COLOR** | Silver or Beige |

Perfect Choice HD™

**Call toll free now for our lowest price.**

**1-877-671-2919**

Please mention promotional code 102772.

1998 Ruffin Mill Road,
Colonial Heights, VA 23834

Perfect Choice HD is not a hearing aid
If you believe you need a hearing aid,
please consult a physician.

By Patrick Keegan

# Taming power costs

## *Keeping your pets (and your energy bill) comfortable this winter*

Pet owners often assume their indoor pets want the same level of cooling and heating as the rest of the family. However, most dogs and cats can be comfortable with a wider range of temperatures. An exception might be an older pet or one with medical issues.

Keeping your pet comfortable when you're away this winter doesn't have to take a bite out of your energy bill. Here are some ways to keep your pet cozy without cranking up the thermostat:

- Make sure that your indoor pet has a warm place to sleep, like a pet bed with a blanket. Consider giving him or her a few sleeping options throughout your home in different temperature zones.
- If you have a very drafty home or an older pet who may appreciate more warmth, a heated pet bed or bed warmer will use far less energy than running your central heating high all day. This solution can also be good for those who keep their pets in the garage.
- A cozy, insulated doghouse might be all a heathy outdoor dog needs, except on the coldest days.
- Those with unique pets, like birds or lizards, may need to keep them in warmer environments. Consider moving these pets to a room that can be easily kept warm, but note that this may change over the course of a year. David Bopp, an energy advisor at Flathead Electric Cooperative in Montana, says that he performed an energy audit for a member with tropical birds kept in a sunroom at more than 80 degrees Fahrenheit. While this temperature was easy to reach in the summer, winter weather—combined with the sunroom's windows—resulted in very high heating bills.
- Pet doors are popular, but they can also be a major air leak. When purchasing one, make sure it has energy-efficient features, like thick construction, weather sealing and the ability to be closed off when not in use. Some newer models have magnet or battery locks: a small magnet or sensor on your pet's collar opens the door and the rest of the time the door is shut tight.

### Tips for warmer temperatures

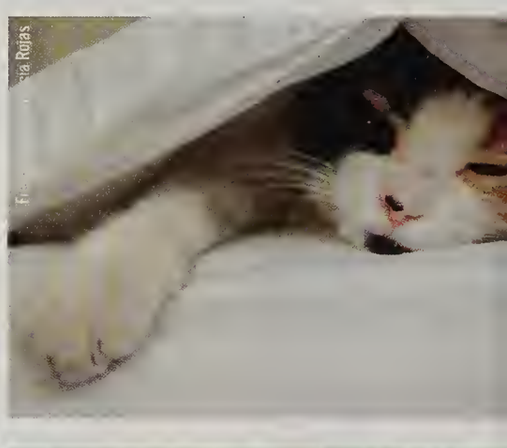
In the summer, you don't need to leave the air conditioning on full blast for Spot and Fluffy. Dogs and cats have higher body temperatures than humans, and they are comfortable with temperatures between 78 degrees and 82 degrees F.

Also, dogs and cats sweat differently than humans, so running fans will not have the same effect it has on you.

Ways to keep your pets comfy when it's warm out include:

- For indoor pets, keep shades drawn and direct light filtered.
- Provide cool areas to rest, such as a basement or a tile floor with a cooling mat. For outdoor pets, provide a shady spot with good airflow, such as under a tree or a tarp.
- Give them plenty of cool water.

*Co-written by Patrick Keegan and Amy Wheeless of Collaborative Efficiency. Patrick Keegan writes on energy efficiency for the National Rural Electric Cooperative Association.*






*A heated pet bed or bed warmer uses far less energy than running your heater all day while you are away. Blankets can also keep pets warm.*

# SOOTHING COMFORT FOR ACHING FEET




Dept 72690 © 2016 Dream Products, Inc (Prices valid for 1yr.)

Non-Skid Indoor/Outdoor Safety Sole

## Nordic Knit Comfort Boots

ONLY $12.99

SAVE 24% Off Original Price




Receive A Free Surprise Gift with every order

## FREE SHIPPING

connect with DreamProducts.com

website offers may vary

1-800-530-2689

Order Now Toll-Free

email blog facebook pinterest google+

Slip into the warm, cushy comfort of these forgiving knit boots and free aching, swollen feet from pain & discomfort. Lined in plush pile, with miracle memory foam insoles to soothe every step you take. Offers a perfect customized fit, with stylish overall Nordic knit design and fur-look trim at ankles. Secure non-skid safety soles are ideal for indoor/outdoor use. Fashion import of polyester. Men's large not available.

Satisfaction Guaranteed or Return For Your Money Back

| Indicate Number Of Pairs Ordered Under Size | | | | | |
|---|---|---|---|---|---|
| Ladies' #542 | XS (6) | S (7) | M (8) | L (9) | XL (10-11) |
| | | | | | |
| Men's #543 | XS (7) | S (8) | M (9) | L (10) | XL (11-12) |
| | | | | | |

| | |
|---|---|
| ____ Nordic Knit Comfort Boots @ $12.99 pr. | $ |
| CA residents must add 7.5% sales tax | $ |
| FREE Regular Shipping | $ FREE |
| Handling Add $2.00 per item | $ |
| ☐ FOR EXPEDITED SHIPPING *(optional)* Add An Additional $2.95 (receive your order 5-7 days from shipment) | $ 2.95 |
| Please print clearly. TOTAL | $ |

❑ VISA ❑ MasterCard ❑ Discover®/NOVUS℠ Cards

Dept. 72690 Card# Exp. Date /

Name

Address

City ST Zip

Daytime Phone #

Email Address

Check or money order payable to: Dream Products, LLC

Send Order To: 412 Dream Lane, Van Nuys, CA 91496

You can reach Charles Joyner by email: joyner@carolinacountry.com

# How to Change MOUNT OLIVE

**Letters can be rearranged in any step. To change MOUNT to OLIVE you must spell a new word in each step.**

| | |
|---|---|
| | **M O U N T** |
| **drop a letter** | _ _ _ _ |
| **drop a letter** | _ _ _ |
| **add a letter** | _ _ _ _ |
| **change a letter** | _ _ _ _ |
| **change a letter** | _ _ _ _ |
| **add a letter** | **O L I V E** |

# After Glo...

**How many words can you come up with after GLO? Your words may be different from mine.**

GLO___
GLO___ ___
GLO___ ___ ___
GLO___ ___ ___ ___
GLO___ ___ ___ ___ ___
GLO___ ___ ___ ___ ___ ___
GLO___ ___ ___ ___ ___ ___ ___

**(And the list can be longer.)**

# SQUARE PAIR

## XX×XX=YYZZ

A certain pair of digits, squared,
results in two more digits, paired.
And Z is half of X, you see.
The answer is quite clear to me!

–cj

# UNSCRAMBL/T

The twin towns of _ _ _ _ _ _ _ _ _ _ and
a s c u n e m b l

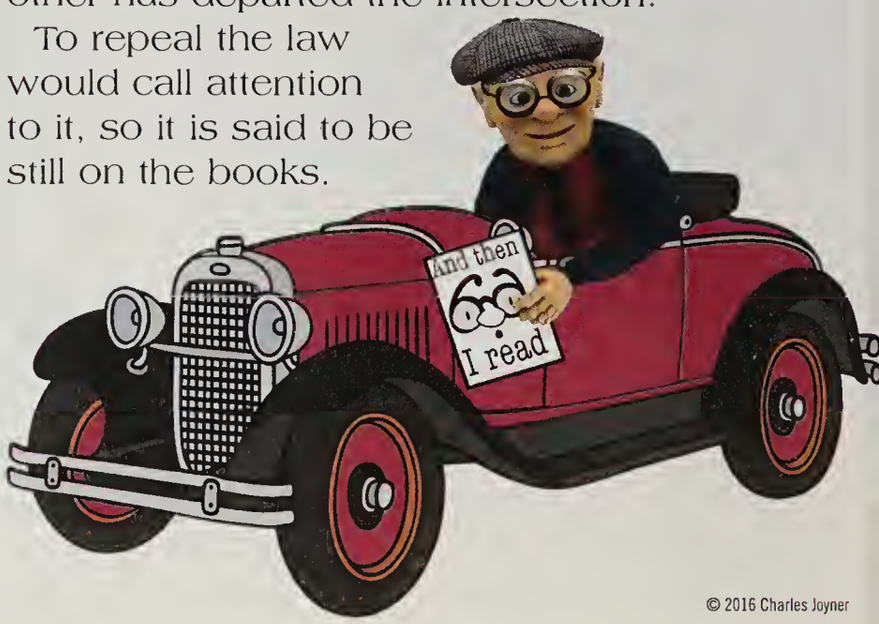
_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ are home to
b r e l n u m c a s c u b

some three dozen golf courses.

Use the capital letters in the code key below to fill in the blanks above.
E H I N O P R S T U means
u n s c r a m b l e

In the early days of the automobile, one of our state legislatures enacted this statute: "When two automobiles arrive at an intersection, neither shall move until the other has departed the intersection."

To repeal the law would call attention to it, so it is said to be still on the books.




*For answers, please see page 41*

© 2016 Charles Joyner

**PIONEER STEEL BUILDINGS**

IT'S BACK...AND, IT'S BIG!




DON'T MISS OUR BIGGEST SALE OF THE YEAR!

CALL OR SEE WEBSITE FOR DETAILS.

800-668-5422

PIONEER

STEEL BUILDINGS SINCE 1980 PIONEERSTEEL.COM

**MOBILE HOME EXTERIORS**




- *Steel & Rubber Roofing Systems Available*
- *Insulated Roofing Systems*
- *Premium Vinyl Siding*
- *Vinyl Replacement Tilt-in Windows*
- *Financing Available W.A.C.*

*For a FREE No Obligation Estimate Call:*

1-800-849-5715

www.MobileHomeExteriors.com

*"Morton has built a building that was over and above my expectation and I would recommend them to anyone."*

MORTON BUILDINGS

BUILDING VALUE DAYS

Sale Jan. 1-Feb. 29




**Buy Now and Save**

**During Building Value Days**

Visit us online at mortonbuildings.com or call 800-447-7436 to learn more!

©2016 Morton Buildings, Inc. A listing of GC licenses available at mortonbuildings.com/licenses. Certain restrictions apply. The statements and opinions about products expressed here are those of a specific customer and should not be construed to represent all buildings, materials or products sold by Morton Buildings. Ref Code 082

Carolina country

Always on.

carolinacountry.com

carolinacountry.com/facebook

twitter.com/CarolinaCountry

pinterest.com/CCountryMag

carolinacountry.com/instagram

**Lifetime Roofing**

by VACAROLINA BUILDINGS

Mid-Winter SAVINGS!

*Lifetime Warranty*
*Financing Available*
*Energy Efficient*
*Low Maintenance*
*Hail Resistant*



www.metalroofover.com

1-800-893-1242

Call NOW for a FREE roof inspection!

**MobileHomeRoofing.net**

by VACAROLINA BUILDINGS

Roofing
Vinyl Siding
Windows

CO-OP MEMBER DISCOUNT!

FINANCING AVAILABLE! (W.A.C.)



Call for a free, no obligation estimate!

CALL NOW! 1-800-767-1591

**ATTENTION MOBILE HOME OWNERS**

EXPERT INSTALLATION

LIFETIME WARRANTY

REDUCED ELECTRIC BILL

INSURANCE CREDIT

INCREASED HOME VALUE

STOP LEAKS

NO MORE PROP RUMBLE

PERMA-ROOF®

from Southern Builders

ASK ABOUT ENERGY STAR

BBB ACCREDITED BUSINESS



# February Events



East Carolina Wildlife Arts Festival & Decoy Carving Championship
Feb. 5–7, Washington

## Mountains

**Harmonia Baroque**
Feb. 6, West Jefferson
336-846-2787
ashecountyarts.org

**Sounds Of The Mountains**
The Harris Brothers
Feb. 13, West Jefferson
336-846-2787
ashecountyarts.org

**Wedding Expo**
Feb. 20, Burnsville
828-682-7209
burnsvilletowncenter.com

**Heroes Of Underground Railroad**
Touring theatre matinee
Feb. 21, Blowing Rock
828-295-9099
blowingrockmuseum.org

**King Bees Concert**
Feb. 27, West Jefferson
336-846-2787
ashecountyarts.org

### ONGOING

**Woody's Original Mountain Music**
Friday nights, Marion
828-290-2377
Find Woody's on Facebook

**Mountain Gateway Music Jam**
Sunday afternoons, Old Fort
828-290-2377

## Piedmont

**Lil Wayne: The Dedication Tour**
Feb. 3, Fayetteville
910-438-4100
crowncomplexnc.com

**Ever After: A Cinderella Story**
Free movie
Feb. 5, Roxboro
336-597-1709
personcounty.net

**Fourth Friday**
Feb. 5, Fayetteville
910-323-1776
theartscouncil.com

**Trinece Robinson-Martin**
Friends Of Music guest series
Feb. 5, Fayetteville
910-630-7700
methodist.edu/mu-events

**Dancing Stories**
Exploring African folklore
Feb. 6, Fayetteville
910-486-1330
museumofthecapefear.ncdcr.gov

**Wild Kratts**
PBS children's show
Feb. 12, Fayetteville
910-438-4100
crowncomplexnc.com

**The Inimitable Winston Churchill**
Lecture at historic home
Feb. 12, Raleigh
919-833-3431
joellane.org

**Love Stories: A Date With The Symphony**
Feb. 12, Fayetteville
910-433-4690
fayettevillesymphony.org

**Broadway Revue**
Family-friendly show tunes
Feb. 12–14, Roxboro
336-597-1709
personcounty.net

**Jason Aldean Performs**
With Thomas Rhett, and A Thousand Horses
Feb. 20, Fayetteville
910-438-4100
crowncomplexnc.com

**Mickey Galyean & Cullen's Bridge & Presley Barker**
Feb. 20, Yadkinville
336-469-7160
cullensbridge.com



There are more than 200 farmers markets in North Carolina, and some stay open year-round. For one near you, visit **ncfarmfresh.com/farmmarkets.asp**


Mickey Galyean & Cullen's Bridge & Presley Barker
Feb. 20, Yadkinville

## ONGOING

**NCCU Student Show**
Artwork
Feb. 1–29, Roxboro
336-597-1709
personcounty.net

**Rodin: Portraits Of A Lifetime**
Feb. 11 through May 7, Fayetteville
910-630-7107
methodist.edu/mu-events

**Black Panther: The Revolutionary Art Of Emory Douglas**
Feb. 25 through April 1, Fayetteville
910-672-1571
fsuarts.com

**Beat Of A Different Drum**
Artist Romare Bearden
Through March 5, Fayetteville
910-323-1776
theartscouncil.com

## Coast

**Uptown First Friday Artwalk**
Feb. 5, Greenville
252-561-8400
visitgreenvillenc.com

**First Friday ArtWalk**
Feb. 5, Elizabeth City
252-339-3868
artsaoa.com


Dancing Stories
Exploring African folklore
Feb. 6, Fayetteville

**East Carolina Wildlife Arts Festival & Decoy Carving Championship**
Feb. 5–7, Washington
252-948-9415
ecwaf.com

**Unnatural Resources Institute**
Recycled creations fair
Feb. 5–7, Greenville
252-355-1039
unnaturalresources.org

**Antique Show & Sale**
Feb. 12–14, New Bern
252-633-6448
newbernpf.org

**Garry Krinsky: Toying With Science**
High jinks, audience engagement
Feb. 19, Greenville
1–800-328-2787
ecu.edu

**Revien Trio**
Chamber, rock music
Feb. 20, Oriental
703-517-3959
pamlicomusic.org

**Eastern Carolina Bridal Expo**
Feb. 21, Greenville
252-321-7671
easterncarolinabridalexpo.com

**Shrek The Musical**
Feb. 26–28, Goldsboro
919-583-8432
goldsboroparamount.com

**Ballroom Dancing**
Feb. 27, Greenville
252-717-1112
greenvillencusadance.org

## ONGOING

**Deep Winter Patterns**
Perquimans Arts League show
Through Feb. 26, Hertford
252-426-3041
perquimansarts.org

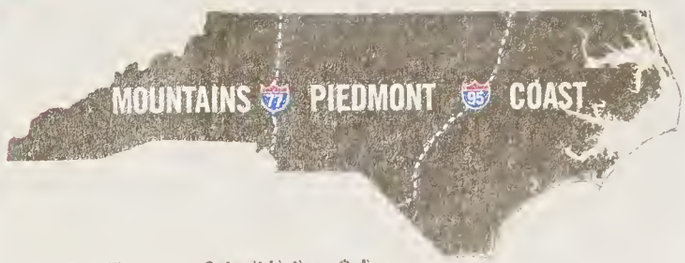
**Assassins**
Musical with Sondheim lyrics
Feb. 2–4 & Feb. 25-March 1, Greenville
252-328-4186
ecu.edu

### KNOW BEFORE YOU GO

In case something changes after Carolina Country goes to press, check information from the contact listed.

### NEW Carolina Compass Policy *(effective Oct. 1, 2015)*

- We list events in the magazine as space allows and may edit as needed. We list more events on CarolinaCountry.com in the Carolina Adventures section.
- All submissions must be made on CarolinaCountry.com in Carolina Adventures/Submit an Event. Deadlines are posted there, too. ***(No email or U.S. Mail.)***
- Public venue events only. *(No business-hosted events.)*
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, email or phone number.




**Listing Deadlines:**
For April: Feb. 25
For May: March 25

**Submit Listings Online:**
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.

## WHERE IN CAROLINA COUNTRY IS THIS?



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Feb. 5 with your name, address and the name of your electric cooperative.

**Online:** carolinacountry.com

**By email:** where@carolinacountry.com

**Or by mail:** Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

*Multiple entries from the same person will be disqualified.*

The winner, chosen at random and announced in our March issue, will receive $25. To see the answer before you get your March magazine, go to "Where Is This?" on our website carolinacountry.com.

### January winner

More than 75 people recognized the location of Michael Gery's picture in the January magazine. It shows the "Tin Man" at Carolina Farms on Beaman Old Creek Road outside of Snow Hill, Greene County. Behind him is the Carolina Farms Pipe Fabrication and Aluminum Welding Division. The business is owned by Pitt & Greene EMC members Donald and Betty Beaman. Daisy Anderson told us she drives her school bus by the Tin Man. The winner chosen at random from all correct answers submitted came from Jessica L. Dunlap of Seagrove, a member of Randolph EMC.





A D V E R T I S E M E N T

# Clogged, Backed—up Septic System...Can anything Restore It?




**DEAR DARRYL:** My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their homc and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

*Clogged and Smelly – Raleigh, NC*

**DEAR CLOGGED AND SMELLY:** As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

This fast-acting bacteria multiplies within minutes of application and is specifically designed to withstand many of today's anti-bacterial cleaners, soaps and detergents. It comes in dissolvable plastic packs, that you just flush down your toilets. It's so cool. Plus, they actually Guarantee that it restores ANY system, no matter how bad the problem is.

**SeptiCleanse® Shock and Maintenance Programs** are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it beforc spending any money on repairs. SeptiCleanse products are available online at **www.septicleanse.com** or you can order or learn more by calling **toll free at 1-888-899-8345.** If you use the promo code **"DARNC12"**, you can get a frec shock treatment, added to your order, which normally costs $169. So, make sure you usc that code when you call or buy online.

Clip this offer and please call today!

*Now, from United of Omaha Life Insurance Company and Companion Life Insurance Company...*

# $25,000.00 Whole Life Insurance.

## Are you between the ages of 45 and 85*?

## Then this GUARANTEED ACCEPTANCE policy is for YOU!

- Choose from 4 benefit levels - up to $25,000!
- Rates "lock-in" at the age you enroll - never go up again!
- Call for your FREE all-by-mail enrollment packet!
- Call TOLL-FREE **1-800-374-4394**

Or enroll online at
**www.UnitedOfOmahaLife.com**



NO medical exam!



NO health questions!

### Plus...

- Proceeds paid directly to your beneficiary
- Builds cash value and is renewable up to age 100!**... Then automatically pays YOU full benefit amount!
- Policy cannot be canceled – EVER – because of changes in health!

### Why this policy? Why now?

Our graded death benefit whole life insurance policy can be used to pay funeral costs, final medical expenses...or other monthly bills. You know how important it can be to help protect your family from unnecessary burdens after you pass away. Maybe your own parents or loved one did the same for you. OR, maybe they DIDN'T and you sure wish they would have!

The important thing is that, right now, you can make a decision that could help make a difficult time a little easier for your loved ones. It's a responsible, caring and affordable decision. And, right now, it's something you can do with one simple phone call.

You may have been putting off purchasing life insurance, but you don't have to wait another day. This offer is a great opportunity to help start protecting your family today.

United of Omaha Life Insurance Company
Companion Life Insurance Company
Mutual of Omaha Affiliates

*Your affordable monthly rate will "lock-in" at your enrollment age*...*

| | $3,000.00 Benefit | | $5,000.00 Benefit | | $10,000.00 Benefit | | $25,000.00 Benefit | |
|---|---|---|---|---|---|---|---|---|
| Age | Male | Female | Male | Female | Male | Female | Male | Female |
| 45-49 | $10.45 | $8.80 | $16.75 | $14.00 | $32.50 | $27.00 | $79.75 | $66.00 |
| 50-54 | $11.50 | $9.70 | $18.50 | $15.50 | $36.00 | $30.00 | $88.50 | $73.50 |
| 55-59 | $14.20 | $11.95 | $23.00 | $19.25 | $45.00 | $37.50 | $111.00 | $92.25 |
| 60-64 | $17.20 | $13.30 | $28.00 | $21.50 | $55.00 | $42.00 | $136.00 | $103.50 |
| 65-69 | $20.50 | $16.00 | $33.50 | $26.00 | $66.00 | $51.00 | $163.50 | $126.00 |
| 70-74 | $27.40 | $21.40 | $45.00 | $35.00 | $89.00 | $69.00 | $221.00 | $171.00 |
| 75-79 | $37.00 | $30.10 | $61.00 | $49.50 | $121.00 | $98.00 | $301.00 | $243.50 |
| 80-85 | $50.50 | $42.55 | $83.50 | $70.25 | $166.00 | $139.50 | $413.50 | $347.25 |

The rates above include a $12 annual policy fee.

This is a solicitation of insurance, an agent (In OR & WA: producer) may contact you. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** Policy Form ICC11L057P or state equivalent (in FL: 7722L-0505; in NY: 827Y-0505). Not available in all states. In NY, during the first two years, 110% of premiums will be paid. Website unavailable for NY residents. EASY WAY Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, Omaha, NE 68175, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each company is responsible for its own financial and contractual obligations. *Age eligibility and benefits may vary by state **In FL and MD policy is renewable until age 121.

AFN44167_0113

By L.A. Jackson

# Hello, Hellebores!

Smart gardeners know hellebores are just the plants to shake off the winter blues in the landscape. These hardy evergreen perennials defy the chilliest times of the year by lighting up dull, dreary planting beds with pleasing parades of fancy flowers that seem impervious to the cold.




*The Lenten Rose is tough and grows readily in areas of dry shade. Its blooms start in the dead of winter and can last deep into the spring.*

But not all hellebores are created equal. In fact, there are several species suitable for Carolina landscapes, and each can add their own special brand of pretty to the winter garden. Below are four such hellebores that can typically be bought from local and online nurseries.

*Corsican Hellebore* (Helleborus argutifolius). A beauty worth growing for its interesting gray-green, coarsely spined foliage alone, but an extra bonus is its candelabra-like clusters of creamy green blooms that usually emerge in February. Each flowering stem can display 20 or more blooms. This large hellebore can be burned by dry winter winds, but a temporary burlap cover will normally get it through the worst of a severe cold snap.

*Bear Claw Hellebore* (H. foetidus). Another hellebore that likes to flaunt masses of greenish colored blooms, this species will usually begin flowering in January and continue showing off until the spring. The mid-green leaves are finely divided, providing plenty of winter interest by themselves. It forms an impressive clump that can be up to 3 feet wide and 30 inches tall. Bear Claw Hellebores tend to peak after three years, but they reseed easily, so there will always be fresh young plants to carry on the flower show.

*Christmas Rose* (H. niger). This hellebore can be fussy in dense, acidic soils, but properly preparing the growing ground with amendments at planting time and also taking steps to raise the soil's pH close to neutral will go a long way to making this beauty feel at home in a Carolina garden. In addition, there are less finicky selections that originated in the South, and one to look for is the hardy, vigorous 'Nell Lewis.'

A happy Christmas rose might actually bloom around Christmas, but in this region, it will more likely start putting on its show in January, as white, 2- to 3-inch diameter flowers emerge from 12-by-12-inch clumps of leathery, deep green leaves.

*Lenten Rose* (H. x hybridus). This is the belle of the hellebore ball. The Lenten rose is tough, readily growing in areas of dry shade, but the beauty of its blooms, which start in the dead of winter and can last deep into the spring, is the main selling point of this plant. And when it comes to variations in hues, the large selection of cultivars provides a cold weather rainbow of bluish purple, light green, pink, cream, light yellow and white blossoms. Additional colors, as well as color combinations, are sure to be developed

for years to come because the Lenten Rose has caught the creative imagination of many professional hybridizers, so count on many more eye-catching introductions in the future to help turn your garden into a botanical winter wonderland.

## Garden To Do's

- ☐ Now is not too soon to begin battling bad bugs outside—a dormant oil spray on branches and trunks to smother overwintering eggs and larvae of such pests as aphids, scale and mites is a good way to help curb spring and summer outbreaks on susceptible ornamental and fruit trees. Just remember that it is better to spray on a day when the temperature is expected to remain above 40 degrees F.
- ☐ Keep the spent blooms of camellias raked up to discourage camellia petal blight, which turns flowers an ugly brown. Since this is a soil-borne disease, do not compost the fallen petals.
- ☐ If you brought any plants indoors for the winter, keep watch on them for pest proliferation. In the cozy confines of a house, the dry heat can make such undesirables as mealy bugs, white flies and spider mites want to come out and play.
- ☐ Keep the bird bath free of ice during the severely cold times and continue to add fresh water each week. The bird feeder should also, of course, remain stocked, but occasionally include a chunk of suet, the avian energy bar that helps your feathered friends ward off the worst chills of winter.

*L.A. Jackson is the former editor of Carolina Gardener Magazine.*



*The bear claw hellebore flowers January through spring. Mid-green leaves form a clump up to 3 feet wide and 30 inches tall.*

### Tip of the Month

Hellebores readily reseed, meaning there is ample opportunity to have even more of these dependable plants. Sprouting from seeds, this second generation might not be exact copies of their parents, especially if they are cultivars, but, being hellebores, chances are good they are still going to be pretty.

The best time to transplant seedlings is in the late winter or early spring. Move the young plants when they have their first set of true leaves. Also, their roots can easily reach 6 to 8 inches down, so, when digging up the baby plants, dig deep. Then, have patience. Hellebores can take up to three years to mature enough to begin producing flowers, but their cheerful cold weather blooms are worth the wait!




By Hannah McKenzie

# How to set your thermostat for wintertime savings

**Q:** How do I set my thermostat to get the most energy savings in the winter?

**A:** All thermostats—smart and not-so-smart—can help most households use less energy. And while the amount of savings may vary, as grandmama would say, "a positive attitude can go a long way to achieving your goals."

The U.S. Department of Energy suggests thermostat settings be 68 degrees F or lower in the winter and 78 degrees F or higher in the summer. But there is great potential for more savings if your family makes a few additional adjustments.

If you have a gas or oil furnace with your A/C, turning the thermostat back 7 degrees to 10 degrees for eight hours per day may save up to 10 percent a year on heating and cooling costs. A North Carolina family that spends an average of $210 per month on energy—or $2,520 per year— may save up to $87 on heating and $27 on cooling costs in a year.

Turning temperatures back on a heat pump in the winter can get a little more complicated. Not only will energy not be saved, but more energy may actually be used if the emergency heat strips are used to reheat the home back to its usual temperature. Fortunately when programmed in advance, most programmable thermostats designed for heat pumps will gradually heat the home with minimal help from the emergency heat strips that can help save energy.

There are several variables that make each household unique when trying to save energy with thermostats – family temperature preferences, home insulation levels, and HVAC system type. Keep an open mind and experiment to see what works best for your family. An HVAC professional or home energy professional can also help point out options for consideration.

A few additional tips to prevent all HVAC systems from unnecessarily draining your bank account include the following:

- Check the fan setting. The fan setting on the thermostat should generally be in the "Auto" position instead of the "On" position. "Auto" means the HVAC fan will only run when it is supposed to, rather than all the time. Making this correction may cause noticeable savings, which could be $100 or more per year.






*It's good to experiment with settings to see what works best overall for your family.*

- Change filters. Dirty HVAC filters slow down air flow and make your HVAC system work harder—wasting energy. Check filters monthly and change them when dirty. Mark your calendar so filter inspections become part of your home maintenance routine.
- Monitor windows and doors. Windows and doors—including storm windows and doors—should be closed and latched when the HVAC system is running. An unlatched window can leak air like an open window.
- Open vents. For your home to feel comfortable, all of the heated and cooled air needs to get into all the rooms. If furniture, such as beds or couches, are blocking the vents it might be time for some rearranging.
- Adjust temperatures wisely. Keep in mind that setting an extremely high temperature will not heat your home any faster. While programmable and smart thermostats advertise great savings, it is ultimately you and your family who determine if energy savings are gained and to what extent while you remain comfortable this winter.

*Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.*

## Vacation Rental

**BEACH HOUSE**, N. Myrtle Beach, SC. 4BR/2B, sleeps 12–14. 828-320-5173. Details at flyinghigh333.com

**BLOWING ROCK'S GREAT CHETOLA RESORT**, 2BR, 2BA condo–fully furnished, 5 star reviews. hbauman@bellsouth.net

**HIGH MOUNTAIN CREEKSIDE CABINS**: Relax in one of our private, family-owned vacation homes near NC/VA border. All the amenities of home plus hot tub. Call/text 336-877-7897 or 800-238-8733. www.gocreeksidecabins.com

**NEW, CABINS ON WOLF LAKE**. All amenities goshep@citcom.net for information.

**OCEAN FRONT HOUSE**, Handicap-friendly, Sleeps 15, elevator, large screen porch, 2 K ensuites, 1 dog, monthly/weekly winter-spring availability. Emerald Isle. 262-893-5580 mswh02@gmail.com

## Real Estate

**EXCELLENT RENTAL PROPERTY**. Brick Duplex, 2bed/1bath/side east of Goldsboro. 28 year rental record, 7–8% Return plus tax benefits or live in 1 side rent free. Serious inquiries 919-734-8590, cell 919-920-5220, bobcrenshawgold@gmail.com

**WATERFRONT CONDO**. Roanoke Sound on Roanoke Island near Lost Colony. 2BR, 2BA, second floor, wood flooring, quiet area. Good year-round rental. $173,000. 252-305-7322.

## Gold Maps

**FUN, HOW TO PAN**. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

## For Sale

**100% ORGANIC PAIN REDUCING LOTION** $24.95. Created by North Carolina Clinically Certified Aromatherapist. www.thearomatherapyfactory.com 252-222-3805

**PROBLEM SKIN?** My Goatmilk soaps and lotions may help! 704-698-8599.

**A book of collected "You Know You're From Carolina Country If..."** submissions from Carolina Country magazine readers. You know you're from Carolina country if you say "Laud ham mercy!" 96 pages, illustrated, 4 by 5 ½ inches. Only $7 per book (includes shipping and tax). Send payment to "You Know," Carolina Country, PO Box 27306, Raleigh, NC 27611. Or buy with a credit card at our secure online site at www.carolinacountry.com

**"CAROLINA COUNTRY REFLECTIONS"** More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story. Hardcover, coffee table book, 160 pages. Only $15 (includes tax and shipping). Comes with free cookbook. Send payment to "Reflections," Carolina Country, PO Box 27306, Raleigh, NC 27611. Or buy online at www.carolinacountry.com

## Miscellaneous

**PLAY GOSPEL SONGS BY EAR**–$12.95. "Learn Gospel Music." Chording, runs, fills–$12.95. Both $24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204. 913-262-4982.

**BECOME AN ORDAINED MINISTER**, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, 7558 West Thunderbird Road, Ste 1-114, Peoria, AZ 85381. www.ordination.org

**FREE BOOKS/DVDs–SOON THE "MARK"** of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771. 1-888-211-1715. thebiblesaystruth@yahoo.com

**FARM FENCING** Watterson Tree Farm installs any type field fencing, especially woven wire with wooden posts, and board fencing. Website www.farmfencenc.com David 240-498-8054 email treefarmnc@yahoo.com

*The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.*

JOYNER'S CORNER ANSWERS:

MOUNT OLIVE
MOUNT
UNION
ONE
TONE
LONE
LOVE
OLIVE

SQUARE PAIR
8 8 x 8 8 = 7 7 4 4

UNSCRAMBLIT
PINEHURST
SOUTHERN PINES

AFTER GLO
GLOW
GLOBE
GLOBAL
GLOWING
GLORIOUS
GLOWWORMS
GLORIFYING

Murray McMurray Hatchery
Providing family memories with chickens, turkeys, waterfowl and much more for 95 years.
Murray McMurray Hatchery
FREE CATALOG
(800) 456-3280
www.mcmurrayhatchery.com

NURSERY STOCK & SEED
GROW HALF DOLLAR SIZE MUSCADINES & BLACKBERRIES, FREE CATALOG.
200 varieties fruit, nut trees, vines & berries.
1-800-733-0324. ISON'S NURSERY,
Brooks, Georgia 30205
www.isons.com

$10,195 - 30x50x10 Painted Enclosed Built Price (Not Shown)
NATIONAL BARN COMPANY EASTERN DIVISION
STORAGE BUILDINGS
HAY BARNS
HORSE BARNS
GARAGES
Ask about our do-it-yourself materials kits.
Hurricane Upgrade E of I-95 • Fully Insured • #1 Metal • Custom Sizes
4/12 roof pitch • Engineered trusses • Local codes/freight may affect prices
www.nationalbarn.com
1-888-427-BARN (2276)

PREMIER BUILDING SYSTEMS, INC.
CUSTOM STEEL BUILDINGS AT ANY SIZE
AGRICULTURE
COMMERCIAL
INDUSTRIAL
MINI STORAGE
30 x 40 x 10 $7,499.00
40 x 75 x 12 $12,999.00
50 x 100 x 12 $18,799.00
60 x 125 x 12 $25,999.00
Mini Storage 20' x 100' x 8'6" $7,299.00
Prices subject to change due to loads and codes.
1.800.882.5150

MOBILE HOME ROOFING SOLUTIONS
STRICKLAND CONSTRUCTION (SINCE 1992)
ENERGY STAR
Lifetime Warranty
Professionally Installed
#1 Steel Products
3" Insulation Reduces Utility Cost
12" Overhang
Call Toll Free for a Free Quote & Brochure
877-839-6449
MOBILEHOMEROOFINGSOLUTIONS.COM

RENEGADE
STEEL BUILDINGS, INC.
All Sizes Available
25 Yr. Warranty
30x40x10
Starting at $8,400*
Includes: 10x8 Commercial Roll Up Door & One 3070 Walk Door
*Freight Not Included
renegadebuildings.com
877.363.4233

Arco Steel Buildings
1-800-241-8339
40x60x10 . . . . . $10,989
50x75x12 . . . . . $15,565
60x100x12 . . . . . $22,564
100x75x12 w/column . . . . . $27,933
20x100x8'6" Mini Warehouse . . . . . $ 8,329
ALL SIZES AVAILABLE!
www.arcosteel.com
37 Arco Years
Arco Building Systems, Inc.
(FOB PLANT – LOCAL CODES MAY AFFECT PRICES – BUILDINGS NOT AS SHOWN ABOVE)



## Cavatini Pasta

- 2 pounds ground beef
- 2 medium onions, chopped
- 1 medium green pepper, chopped
- 6 garlic cloves, minced
- 4 cups water
- 1 can (12 ounces) tomato paste
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1 package (3½ ounces) sliced pepperoni
- 2 envelopes spaghetti sauce mix
- 1 teaspoon Italian seasoning

**Pasta**

- 8 cups water
- 1 cup each uncooked elbow macaroni, bow tie pasta and medium pasta shells
- 2 cups (8 ounces) shredded part-skim mozzarella cheese

In a Dutch oven, cook the beef, onions and pepper over medium heat until meat is no longer pink; drain. Add garlic; cook 1 minute longer. Stir in the water, tomato paste, mushrooms, pepperoni, sauce mix and Italian seasoning. Bring water to a boil. Reduce heat; simmer uncovered for 1 hour.

Meanwhile, for pasta, bring water to a boil in a large saucepan. Add the macaroni and pastas. Return to a boil, stirring occasionally. Cook, uncovered for 10–12 minutes or until tender; drain. Stir into tomato sauce. Transfer to a greased 13-by-9-inch baking dish (dish will be full).

Bake at 350 degrees for 30 minutes. Sprinkle with mozzarella cheese. Bake for 5–10 minutes longer or until cheese is melted.

*Yield: 14 servings*



## Striped Popcorn

- 12 cups popped popcorn
- 2 cups miniature pretzels
- 1 cup pecan halves, toasted
- ¼ cup butter, melted
- 4 ounces white candy coating, coarsely chopped
- 2 ounces milk chocolate candy coating, coarsely chopped

In a large bowl, combine the popcorn, pretzels and pecans. Drizzle with butter and toss; set aside.

In a microwave, melt white candy coating at 70 percent power for 1 minute; stir. Microwave at additional 10–20 second intervals, stirring until smooth. Drizzle over popcorn mixture; toss to coat. Spread on foil-lined baking sheets.

In a microwave, melt milk chocolate candy coating; stir until smooth. Drizzle over popcorn mixture. Let stand in a cool place until chocolate is set. Store in an airtight container.

*Yield: 17 servings*



## Easy Peanut Butter Truffles

- 1 teaspoon plus
- ¼ cup butter, divided
- ¼ cup honey
- 2 cups creamy peanut butter
- 1¼ cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1½ cups finely chopped honey-roasted peanuts or miniature semisweet chocolate chips

Line an 8-inch square pan with foil; grease foil with 1 teaspoon butter.

In a small saucepan, combine honey and remaining butter over medium heat; cook and stir until blended. Stir in peanut butter until smooth. Remove from heat; whisk in confectioners' sugar and vanilla. Spread in prepared pan. Refrigerate, covered, 2 hours or until firm.

Place peanuts in a shallow bowl. Using foil, lift candy out of pan. Remove foil; cut candy into 64 squares. Roll squares into balls; roll in peanuts. Store between layers of waxed paper in an airtight container in the refrigerator.

*Yield: 64 servings*

**Find more than 500 recipes at carolinacountry.com**

Recipes here are by Taste of Home magazine,unless otherwise indicated. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at tasteofhome.com

# From Your Kitchen

## Delicious Banana Pudding

- 1 can (14 ounces) Eagle Brand sweetened condensed milk
- 1½ cups cold water
- 1 package (4-serving size) instant vanilla flavor pudding and pie filling mix
- 2 cups whipping cream, whipped
- 1 box vanilla wafers
- 6 bananas, thinly sliced

Put these items into the freezer to chill for 10 minutes: a medium metal bowl, whisk and 2-cup carton of whipping cream. While this is chilling, in a large bowl, combine sweetened condensed milk and water. Add pudding mix and beat well with electric mixer and chill this mixture in the refrigerator for 5 minutes.

Remove freezer items. With electric whisk attachment, whip the whipping cream in the chilled metal bowl for 5 minutes. Fold the whipped cream into the bowl with the milk, water and pudding mix. Spoon 1 cup pudding mixture into a 2½-quart glass serving bowl. Top with ⅓ each of the wafers, bananas and pudding. Repeat layering twice, ending with the pudding. Garnish with vanilla wafers in any pattern and chill thoroughly. Best if made ahead the day before you want to serve it so the wafers get soft.

*Karen Huntley of Matthews, a member of Union Power Cooperative.*

**Send Us Your Recipes**

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.

# *Introducing* **The new and revolutionary Jacuzzi® Hydrotherapy Shower.**



## AGING = PAIN

*For many, arthritis and spinal disc degeneration are the most common source of pain, along with hips, knees, shoulders and the neck. In designing the Jacuzzi Hydrotherapy Shower, we worked with expert physicians to maximize its pain relieving therapy by utilizing the correct level of water pressure to provide gentle yet effective hydrotherapy.*

**JACUZZI® SHOWER = RELIEF**



Four Jacuzzi® ShowerPro™ Jets focus on the neck, back, hips, knees and may help ease the pain and discomfort of:

- Arthritis
- Circulation Issues
- Aches and pains
- Neuropathy
- Sciatica
- Inflammation

## *The Jacuzzi® Hydrotherapy Shower provides a lifetime of comfort and relief... safely and affordably.*

As we age, the occasional aches and pains of everyday life become less and less occasional. Most of us are bothered by sore muscles, creaky joints and general fatigue as we go through the day- and it's made worse by everything from exertion and stress to arthritis and a number of other ailments. Sure, there are pills and creams that claim to provide comfort, but there is only one 100% natural way to feel better... hydrotherapy. Now, the world leader in hydrotherapy has invented the only shower that features Jacuzzi® Jets. It's called the Jacuzzi® Hydrotherapy Shower, and it can truly change your life.

For over 50 years, the Jacuzzi® Design Engineers have worked to bring the powerful benefits of soothing hydrotherapy into millions of homes. Now, they've created a system that can fit in the space of your existing bathtub or shower and give you a lifetime of enjoyment, comfort and pain-relief. They've thought of everything. From the high-gloss acrylic surface, slip-resistant flooring, a hand-held shower wand, a comfortable and adjustable seat, to strategically-placed grab bars and lots of storage, this shower has it all.

Why wait to experience the Jacuzzi® Hydrotherapy Shower? Call now... it's the first step in getting relief from those aches and pains.




**Call toll free now to get your FREE special report "Tips on Living to be 100"**

*Mention promotional code 102513.*

**1-844-823-8457**

Jacuzzi.

© 2016 Aging In The Home Remodelers

82019

# dish®

## 3 YEAR TV PRICE LOCK!

Must mention offer code **Go100** ▶

Courtesy of GoDish.com

## Hurry! Limited Time Offer! Call Now and Get a FREE




## $49.99 month

**NO HIDDEN MONTHLY FEES!**

No 1st Receiver Fee • No Local Channels Fee
No Regional Sports Fee • No HD Fee

## OVER 190 CHANNELS!

Plus Many More!

**Includes Local Channels • Includes Regional Sports**
**Includes HD Programming • Includes Service On 1 TV**

## PLUS GET NETFLIX

**Included for 1 year with no hassle!**

No need to call. Automatically removed after 1 year.

## FREE PREMIUM CHANNELS

HBO CINEMAX starz SHOWTIME MOVIE PACK

**Over 50 Channels for 3 months!**

## HIGH SPEED INTERNET

Starting at $19.99 month

No Matter Where You Live! No TV Service Required!

## ¡Se Habla Español!

## 1-866-549-5434

Mon-Fri: 7am - 10pm cst Sat: 7am - 9pm cst Sun: 9am - 8pm cst

Google GoDish.com/PriceLock

dish AUTHORIZED RETAILER

Important Terms and Conditions: All offers require credit qualification, 24-month commitment with early termination fee and e-bill autopay. Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 4/4/16. 2 Year Commitment: Early termination fee of $20/mo. remaining applies if you cancel early. Included in 3 year price guarantee at $49.99 advertised price: America's Top 120 Plus programming package, Local channels and Regional Sports Networks (where available), and monthly 1st receiver and HD service fees. Included in 3 year price guarantee for additional cost: Programming package upgrades ($64.99 for AT200, $74.99 for AT250), monthly fees for additional receivers ($7 per additional TV, higher fees may apply for advanced receivers), and monthly DVR service fees ($15 for Hopper or $10 for other models). NOT included in 3 year price guarantee or $49.99 advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), Protection Plan, and transactional fees. Premium Channels: Subject to credit qualification. After 3 mos., you will be billed $57/mo. for HBO, Cinemax, Showtime, Starz and DISH Movie Pack unless you call to cancel. Netflix: Offer expires on April 4, 2016. Valid for twelve (12) months of Netflix Service on the $9.99 (per month) "Two Screens at a Time Streaming Plan" (for total value of $119.88). Hopper w/Sling or other Netflix compatible device and Internet required. Not available with dishNET satellite Internet. Hopper w/Sling or other Netflix compatible device and Internet required. Not available with dishNET satellite Internet. *Existing Netflix customers will return to normal billing after $119.88 credit is exhausted. Offer is not redeemable or refundable for cash, subject to applicable law, and cannot be exchanged for Netflix Gift Subscriptions. You may apply the value of the offer to a different plan, or other services offered by Netflix. Exchanges in this manner may alter the duration of the offer. Netflix service price plans subject to change. Limit one promotion toward each monthly membership fee for your Netflix account. For details, please visit www.netflix.com/termsofuse. . Gift Card: Courtesy of GoDish.com. Requires 24-month commitment. Customer must meet credit and qualification criteria, and sign up for DISH with qualifying packages through 4/4/16. While this offer is available for free, certain other transaction fees and costs, terms, and conditions are associated with the use of this Card. See the Cardholder Agreement for more details. Customer must complete redemption process to receive gift. Redemption Certificate will be sent to customer within 30 days of qualifying DISH service activation. Redemption requires the following: customer's signature and shipping address, proof of DISH service, and payment for shipping and/or handling (payable with cashier's check or money order only). Allow 4-6 weeks from receipt of completed Redemption Certificate for delivery of gift. Neither MeteBank nor Visa is a sponsor, endorser or participant in this promotion. Monthly inactivity fee of $2.95 after 12 consecutive months of inactivity. Lost/stolen replacement card fee of $5.00. Cards issued by MeteBank™, Member FDIC, pursuant to a license from Visa U.S.A. Incorporated. See cardholder agreement, which will accompany your card, for more details. VISA® is a registered trademark of Visa International Service Association. Any unclaimed gift card offer is void after 180 days. Other: All packages, programming, features, and functionality are subject to change without notice. Free standard professional installation only. Upfront or additional monthly fees may apply. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. Internet speeds, prices and providers may vary by customer address.